



# From Worry to Peace

## Worksheets From A Thriving State of Mind

Tired of constantly running though "What ifs" in your mind? Want to find a way to quiet that broken record? This is for you!

These worksheets provides space to work though the two categories of things we worry about: Things We Can Control & Things We Can't. It's a technique you can use forever!

I designed this worksheet as the companion to my post: [Stop Chronic Worrying](#), so make sure to read that before you begin!

If you want more awesome personal growth & wellness content, I'd love for you to [join my email list](#), visit me on [Facebook](#), and read more from [my blog](#)! Just remember, you've got this!



*Samantha*

*I'm not a licensed therapist, make sure to seek professional help if you need it!*



# *From Worry To Peace*

## *Worksheet from A Thriving State of Mind*

FIRST, WHAT ARE THE TOP TEN THINGS YOU OFTEN WORRY ABOUT?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

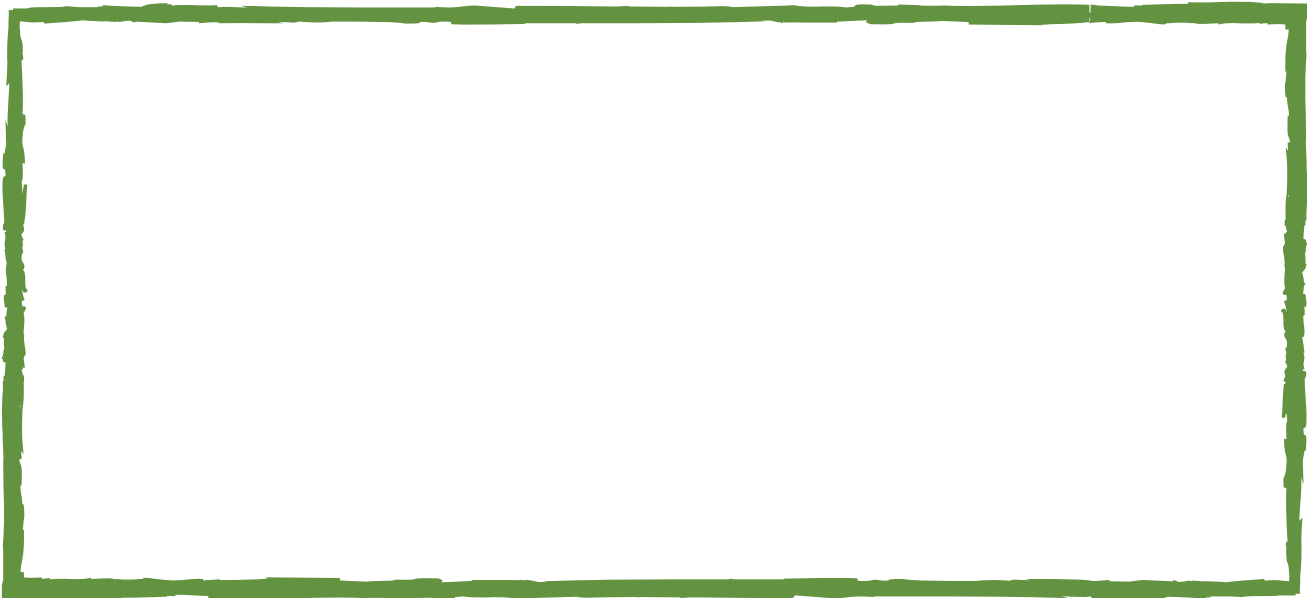


# *From Worry To Peace*

## *Worksheet from A Thriving State of Mind*

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SECOND, DIVIDE THE LIST INTO **THINGS YOU CAN CONTROL:**



AND **THINGS YOU CAN'T CONTROL:**





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## Worksheet from A Thriving State of Mind

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### Now choose **ONE** thing from **Group #1: Things You Can Control**

Write three action steps you can take to help make sure it goes right!

Repeat for other items.

1.

2.

3.

### Then, choose **THREE** things from **Group #2: Things You Can't Control**

Brainstorm how you want to "let them go" (ala Elsa!). Some suggestions: visualize setting them down and walking away, visualize the wind sweeping them up, physically write them down and rip them up.

1.

2.

3.