



HOW TO

# Worry Less

SO YOU CAN LIVE MORE

## Acknowledge

Acknowledge your worrisome thoughts as **just worrying** instead of trying not to worry. Then bring your focus back to the here and now.

## Focus

Focus on what you know is best for yourself and less on what you think others will think of you.

## Gratitude

Keeping a gratitude journal will allow you to focus on the things that are working in your favor. This will also help shift your mindset from scarcity thinking to an abundance mentality.

## Triggers

Keep track of external triggers by doing emotional check-in throughout the day.

## Vent

Talk to someone you trust or seek guidance from your counselor or life coach.

## Plan

Plan for the worst that could happen using the downloadable worksheet on Becoming FAB.

## Limit

The Internet is a blessing and a curse at times. It can be a great way to find people with similar experiences and interests. However, it can lead to more worrying. So try to limit your on-line time.

*"Be happy not because everything is good but because you can see the good in everything."*  
Unknown