

Transform Worry
into Inner CALM.



DeniseMarek.com
Your Life, Your Design.



Denise Marek

International Speaker / Author / Worry Management Expert

Denise Marek is internationally known as *The Worry Management Expert*. She is the author of *CALM* and co-author of *The Keys*. Denise has shared her message with audiences around the globe.

Through her proprietary CALM methodology, she has helped thousands of individuals to transform feelings of inner worry into feelings of inner peace.

See Denise Marek "Live"! Are you part of a company or organization that requires a keynote speaker or on-site training? Bring Denise Marek "live" to your organization. Visit DeniseMarek.com or contact us for a complimentary information package.

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Transform Worry into Inner CALM.

Transformation Tracking Sheet

[What I am worried about]

CALM

Challenge Your Assumptions

1. What assumptions am I making?

2. What else could it be?

3. What are the facts?

4. Is it probable?

Yes

No

CALM

Act

1. Is what I'm worrying about within my control?

2. What actions can I take to control the controllable?

3. What actions can I take to influence the uncontrollable itself, the outcome, and/or the impact it has on my life?

Plan of Action:

CALM

Let Go

1. What technique(s) will best help me to let go?

De-clutter

Schedule "Worry Time"

Focus on the Present

Make Amends

Extend an Act of Kindness

Refocus on What Matters

Other: _____

Plan of Action:

CALM

Master Your Mind

1. What are my worry-inducing thoughts?
(Include any doubts and self-limiting beliefs that are holding you back.)

2. What are more empowering replacement thoughts?

[How do I feel now]


