



Virtual Presentations

Inspirational and Business Topics

Denise Marek

Award-Winning Speaker, Internationally Acclaimed Worry Management Expert, and Creator of the CALM™ Methodology for Worry-Free Living.

Denise Marek is internationally known as the Worry Management Expert. As a lecturer, consultant, and author, Denise empowers individuals and organizations around the globe to reconnect with their inner peace, overcome their fears, and take the risks that are essential for personal and professional success. She also teaches CALM Online, a four-week program to let go of worry, reduce stress, and create a happier life.

Denise has been featured in:



Ways to Connect:

1. **Book Denise to present at your next conference or meeting!**
Contact denise@denisemarek.com
2. **Connect on Instagram** @thedenisemarek
3. **Subscribe on Youtube** @denisemarek
4. **Enroll in CALM Online** at www.calm-online.teachable.com

For more information visit: www.DeniseMarek.com

Transform Worry into Inner CALM.

Transformation Tracking Sheet

< What am I worried about? >

CALM

Challenge Your Assumptions

What assumptions am I making?

1. Is it true?
 Yes No
2. Is it a fact?
 Yes No
3. Is it helpful?
 Yes No
4. Is it probable?
 Yes No

CALM

Act

Is what I'm worrying about within my control?

1. What could I do?

2. What could I read?

3. Whom could I ask?

Plan of Action:

CALM

Let Go

Which technique(s) will I use to let go?

1. What am I thankful for today?
2. How will I move my body today?
3. When will I get outside today?
4. With whom will I connect today?
5. How can I extend kindness today?
6. Whom do I need to forgive today?
7. What can I declutter today?

Plan of Action:

CALM

Master Your Mind

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

1. What is?
2. Will it matter 12 months from now?
3. I'll handle it!

< How do I feel now? >

