

THE
Worry Worksheet
GUIDED JOURNAL

THE SIMPLEST THING YOU
CAN DO TO WORRY LESS
EVERY DAY

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GUIDED JOURNAL

THIS JOURNAL BELONGS TO:

www.denisemarek.com
www.calmformomsbook.com

THE

Worry Worksheet

GUIDED JOURNAL

LIVING WITH INNER PEACE IS POSSIBLE!

What if you could stop worrying and live with deeper inner peace? You can!

Living with inner peace is possible and *The Worry Worksheet Guided Journal* will help you to do just that.

With daily prompts and activities, this guided journal will help you to enjoy a happier, more present, and less stressed life.

It's an excellent companion to *Calm for Moms: Worry Less in Four Simple Steps*, by Denise Marek.

YOU CAN TRAIN YOURSELF NOT TO WORRY

"Worry a little bit every day and in a lifetime you will lose a couple of years. If something is wrong, fix it if you can. But train yourself not to worry. Worry never fixes anything."

- Mary Hemingway

Use *The Worry Worksheet Guided Journal* to train yourself not to worry. It truly is the simplest thing you can do to worry less every day!

THREE REASONS YOU'LL LOVE THIS JOURNAL

1. IT'S A PROVEN PROCESS!

The Worry Worksheet Guided Journal contains the CALM™ methodology for worry-free living created by Denise Marek. CALM is a four-step process which has already been proven effective with thousands of people around the world to stop worrying.

2. IT'S SIMPLE!

The CALM process is effective *and* it's simple:

Challenge Your Assumptions
Act to Control the Controllable
Let Go of the Uncontrollable
Master Your Mind

Your mission is to apply this powerful process every day so that you can experience the incredible peace that comes from leaving all of that worry behind you.

3. IT WORKS FAST!

You can answer the daily journal prompts in under 15 minutes and start applying the steps to your worries immediately for fast results and quick relief from worry. It's time for you to put pen to paper and begin.

Worry Worksheet

HOW IT WORKS

CHECK IN

Begin by checking in with yourself. How are you feeling today? Circle one of the six facial expressions that best represents how you're feeling. There is no right or wrong answer. This is simply an exercise in awareness. It's okay for you to feel however you do!



○ Today I feel:



CALM YOUR BODY

Next, calm your body.



○ Take a deep breath and exhale slowly

Take a deep breath and slowly exhale. As you exhale, imagine blowing away all your worries and concerns. Allow your muscles to relax. This will help to settle your body and calm the stress response – also known as the fight-flight-freeze response. Resume breathing at your regular pace and declare: I am safe!



○ Declare: I am safe!

Declaring these words will help to further calm the stress response. (If you were not safe, if you were actually in physical danger, you'd likely already be taking action to protect yourself. Your stress response would guarantee it!)

Now, bring your attention to the present moment by focusing on your five senses: sight, sound, smell, taste, and touch. Since you might not be eating while writing in your journal, stick with listing one thing you can see, hear, smell and touch.



○ Bring your attention to the present moment. List one thing you can:

See:

Hear:

Smell:

Touch:

CLEAR YOUR MIND



○ Use the space below to clear your mind of any mental clutter: worries, feelings, or general thoughts:

Writing about your worries acts as a mental detoxification process that allows you to dump your concerns onto the page, creating the mental space needed for new insights that will help you deal with those issues.

CHALLENGE YOUR ASSUMPTIONS

The first step in the CALM process is: Challenge Your Assumptions. We all make assumptions. Assumptions can be a useful tool in helping to figure out the missing pieces when problem solving. However, when the assumptions you make are negative ones, they can generate an enormous amount of worry.



- Write down a negative assumption that is causing you to worry:

	Is it fact? Y/N
	Is it true? Y/N
	Is it helpful? Y/N

If you need help to uncover the negative assumption that is causing you to worry, ask yourself:

- If what I'm worried about happens (or has happened), what do I think it means about me?
- If what I'm worried about happens (or has happened), what do I think would occur as a result of it happening?

For instance, suppose you're worried about making a mistake at work. If that happens, what do you think would occur as a result of it happening? Are you worried about getting fired or that others will think poorly of you? Those conclusions are the negative assumptions.

An assumption is something you accept as true (or as certain to happen) without proof. As real as your assumptions feel, they are not always telling you the truth. Put your assumptions to the test of three. Reflecting on the negative assumption you wrote down, ask yourself:

- Is it fact?
- Is it true?
- Is it helpful?

Then, circle your response in the shaded area provided.

WHAT ELSE COULD IT BE?

Worry is often generated by the scary stories we tell ourselves. When we don't have all of the facts, it's human nature to complete the picture with worst-case scenarios. Instead of using your imagination to frighten yourself, use it to your advantage by making positive assumptions to fill in the missing pieces. Ask yourself: What else could it be?



- Make a positive assumption about the worrisome situation by answering the question: What else could it be?

Your best line of defense for letting go of worry is to deal strictly with the facts. However, to calm your mind between that first inkling of worry and the time it takes you to get the facts, reduce your stress by trying to think of more positive explanations regarding the worrisome situation.

RATE THE PROBABILITY

When you worry, you're likely asking yourself: Is it possible that what I'm worried about will happen? Change the question from possibility to probability. In other words, ask yourself:

- Is it probable that what I'm worried about will happen?

On a scale of 1 to 10 (1 = least likely to happen; 10 = most likely to happen), rate the probability of the worrisome thing (or scary outcome) actually happening.



- On a scale of 1 to 10, rate the probability of that worrisome thing actually happening. Circle your answer below:

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Did you rate your worry a 5 or less? That's a fairly good indication that what you're worried about won't happen.

Did you rate it a 6 or higher? Take a deep breath, because there's hope! The next three steps in the CALM process will help you to let go of worry by taking action to control the things you can and letting go of the things beyond your control.

ACT

TO CONTROL THE CONTROLLABLE

Did you know not all worry is bad? That's right. Some worry is actually good for you. Sometimes it's saying, "Hey, pay attention! There are some actions you need to take to protect your health, your wealth, yourself, your family, and your business." That's where the second step of the CALM process comes into play: Act to Control the Controllable.

Is worry prompting you to take action? Come up with a list of possible actions that your worries might be prompting you to take.



- Use the space below to brainstorm actions you can take to control the things you can. Use the following prompts to help guide your answers: What could I do? What could I read? Who could I ask?



- Circle one of the above actions you will take in the next 24 to 48 hours.

Then, take action!

DAILY CHALLENGE QUESTIONS

The Daily Challenge Questions are designed to help you to reduce the physical and emotional effects of worry:



○ When am I getting outside today?

Spending time outdoors has an incredible calming effect. It's been proven to reduce stress and lower cortisol levels.



○ How will I move my body today?

Exercise is one of the best things you can do to feel better right now. It increases production of serotonin. This particular type of brain chemical can make you feel peaceful and help reduce depression.



○ Who will I connect with today?

We all need human connection. While it can be tempting to isolate yourself when you're feeling stressed or worried, reach out instead. Make a plan to connect with someone by phone, by text, or in person each day.



○ Have I made my bed today?

Making your bed in the morning sets you up for success. Completing that first task of the day fills you with a sense of accomplishment. The feeling of satisfaction from doing that one small task can set a positive tone for the day ahead.



○ How will I extend kindness today?

Shift your thinking away from your worried thoughts and onto ways to extend kindness to others. Acts of kindness cause your brain to increase serotonin levels. Do good and you'll feel good!



YOU ARE A STAR!

○ Fill in a star for each daily challenge completed:



You are a star! This is true about you no matter how many of the daily challenges you complete. This section is simply a tracking mechanism. It isn't about getting five stars every day. It's about being aware of your self-care. Just do your best. Your best is enough.

(You may find it helpful to come back to this section at the end of the day to track your completed challenges.)

LET GO

OF THE UNCONTROLLABLE

The third step in the CALM process is: Let Go of the Uncontrollable. One strategy to help you accomplish this is to choose faith over fear.

To reinforce the message of faith over fear, play the I Spy game. Look around you. Can you see something in your environment that proves you're not alone? Text messages on your phone from friends, for instance.

Can you spot an example around you of an answered prayer? (Maybe you prayed for peace from your worries and you're holding this journal in your hands right now. That's an answer to a prayer.)

Do you see something that illustrates your physical or emotional strength? Maybe the running shoes that you wore to go for a walk yesterday even though you didn't feel like doing it. Perhaps a picture of your family that you strongly love and protect.



- Play the I Spy game! I spy with my little eye something that shows:

I'm not
alone:

Answered
prayer:

My
strength:

--	--	--

When you find yourself smack-dab in the middle of a worrisome situation, calm your mind by having faith that a favorable outcome is possible. Let go by recognizing you have survived and thrived beyond challenges in the past. Trust that when you need help, an answer to prayer, or strength in the future, that you'll get what you need to help you through.



- Choose faith over fear. Declare: *I am not alone. I am strong. I have faith that whatever happens in the future, I will get what I need (the help, answered prayers, and the strength) to help me through!*

MASTER YOUR MIND

The fourth step in the CALM process is: Master Your Mind. This step is about guarding against negative thinking. One of the most powerful ways to halt negative thinking is to shift your focus to gratitude.

Focusing on things you're thankful for can improve your mood, and lead you to feel less worried and more optimistic. In addition, you'll find the most successful people are the most thankful people, and the most thankful people are the happiest people. To create more joy and reduce stress, focus on the abundance you already possess.



- Shift your focus to gratitude. List three things you're thankful for:

☺

☺

☺



- Speak victory over doubt. Declare: *Whatever happens, I am capable of handling it!*

THE GUIDED JOURNAL

Worry Worksheet

EXAMPLE

CHECK IN

01 ✓ Today I feel:



CALM YOUR BODY

02 ✓ Take a deep breath and exhale slowly

03 ✓ Declare: I am safe!

04 ✓ Bring your attention to the present moment. List one thing you can:

See: A TREE OUTSIDE MY WINDOW

Hear: A DOG BARKING OUTSIDE

Smell: THE COFFEE IN MY CUP

Touch: COLD SURFACE OF MY DESK

CLEAR YOUR MIND

05 ✓ Use the space below to clear your mind of any mental clutter: worries, feelings, or general thoughts:

I'M WORRIED ABOUT MONEY. I HAVE A LOT OF DEBT AND IT FEELS LIKE EVERY MONTH THERE ARE MORE AND MORE EXPENSES.

- WHAT IF I CAN'T PAY MY BILLS NEXT MONTH?
- WHAT IF I NEVER GET OUT OF DEBT?
- WHAT IF WE LOSE THE HOUSE?

CHALLENGE YOUR ASSUMPTIONS

06 ✓ Write down a negative assumption that is causing you to worry:

THERE IS NOTHING I CAN DO ABOUT MY FINANCIAL SITUATION.

Is it fact?

Y/N

Is it true?

Y/N

Is it helpful?

Y/N

WHAT ELSE COULD IT BE?

07 ✓ Make a positive assumption about the worrisome situation by answering the question: *What else could it be?*

IT COULD BE THAT I'M OVER-SPENDING ON THINGS I DON'T REALLY NEED AND MAYBE I'M PAYING TOO MUCH FOR THINGS I DO NEED (LIKE CAR INSURANCE.)

ALSO . . . IF THIS WASN'T HAPPENING "TO" ME BUT WAS HAPPENING "FOR" ME: IT COULD BE THE NUDGE I NEED TO GO BACK TO SCHOOL. I'VE REALLY WANTED TO GET MY DEGREE. I COULD DO IT! WHERE THERE'S A WILL, THERE'S A WAY!

RATE THE PROBABILITY

08 ✓ On a scale of 1 to 10, rate the probability of that worrisome thing *actually* happening. Circle your answer below:

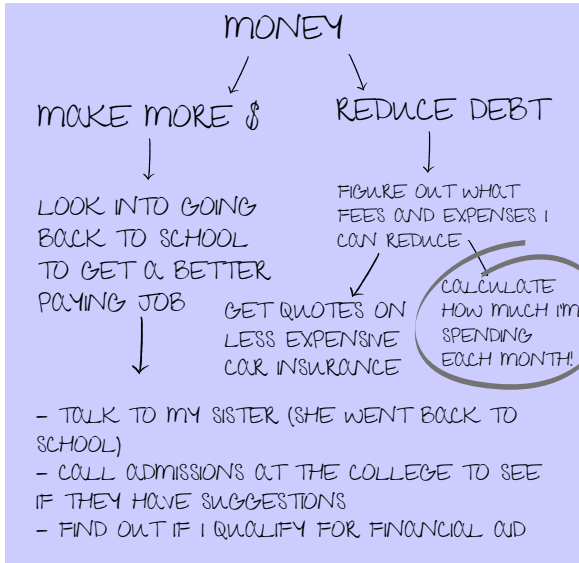
1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

ACT

TO CONTROL THE CONTROLLABLE

09

- Use the space below to brainstorm actions you can take to control the things you can. Use the following prompts to help guide your answers: *What could I do? What could I read? Who could I ask?*



10

- Circle one of the above actions you will take in the next 24 to 48 hours.

DAILY CHALLENGE QUESTIONS

11

- When am I getting outside today?

I'M GOING TO WALK THROUGH THE PARK DURING LUNCH

12

- How will I move my body today?

I DID 30 MINUTES OF CARDIO

13

- Who will I connect with today?

I CALLED MY BESTIE THIS MORNING

14

- Have I made my bed today?

YES I DID

15

- How will I extend kindness today?

I LEFT A SURPRISE ENCOURAGING NOTE ON MY CO-WORKER'S KEYBOARD

16

YOU ARE A STAR!

- Fill in a star for each daily challenge completed:



LET GO

OF THE UNCONTROLLABLE

17

- Play the *I Spy* game! I spy with my little eye something that shows:

I'm not alone:

Answered prayer:

My strength:

THE TEXTS ON MY PHONE FROM MY FRIENDS. I HAVE PEOPLE WHO LOVE ME!

THIS JOURNAL! I PRAYED FOR PEACE FROM WORRY AND NOW I HAVE THIS JOURNAL TO HELP ME START TAKING CONTROL!

THE RUNNING SHOES BESIDE MY DESK! EVEN THOUGH I'M TIRED, I'M GOING FOR THAT WALK TODAY!

18

- Choose faith over fear. Declare: *I am not alone. I am strong. I have faith that whatever happens in the future, I will get what I need (the help, answered prayers, and the strength) to help me through!*

19

MASTER YOUR MIND

- Shift your focus to gratitude. List three things you're thankful for:



I'M THANKFUL FOR THIS MOMENT. I'M SAFE. I'M LOVED. I AM FEELING MORE AT PEACE RIGHT NOW!



I'M THANKFUL TO BE ABLE TO EXERCISE TODAY! I'M HEALTHY AND MY BACK IS FEELING 100% BETTER!



I'M THANKFUL FOR MY KIDS. THEIR LOVE FILLS MY HEART RIGHT UP!

20

- Speak victory over doubt. Declare: *Whatever happens, I am capable of handling it!*

Worry Worksheet

DATE _____

CHECK IN

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CALM YOUR BODY

- Take a deep breath and exhale slowly
- Declare: I am safe!
- Bring your attention to the present moment. List one thing you can:

See: _____

Hear: _____

Smell: _____

Touch: _____

CLEAR YOUR MIND

- Use the space below to clear your mind of any mental clutter: worries, feelings, or general thoughts:

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Y/N

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