



# **WORRY WORKBOOK**

## **WRITE IT DOWN, LET IT GO**

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Move away from your worries and make room for positive thinking with the help of this workbook.

“WHEN I LOOK BACK ON ALL  
THESE WORRIES, I REMEMBER  
THE STORY OF THE OLD MAN  
WHO SAID ON HIS DEATHBED  
THAT HE HAD HAD A LOT OF  
TROUBLE IN HIS LIFE, MOST  
OF WHICH HAD NEVER  
HAPPENED.”

– WINSTON CHURCHILL

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*Try to keep your attention on one worry  
at a time. Once you have finished  
processing this worry, move onto the  
next..*

# WORRY WORKBOOK

Writing down worries gives the brain the mental relief it needs to take a break from its constant thinking. Instead of carting these worries around all day, week, or even year, choose to put them on paper and free your mind for more positive activities. Write your worries down and we will schedule a time to revisit them later.

I'VE OUTLINED THE STEPS FOR YOU BELOW:

## STEP 1: WRITE DOWN YOUR TOP 4 WORRIES

Write down specific worrisome thoughts. Examine your thought patterns to pinpoint where your mind stays stuck. (Work, money, friends, health, love). Get to the root of the worry. This might take some contemplation.

## STEP 2: ARE THESE WORRIES RATIONAL OR IRRATIONAL

Pick your most bothersome worry and determine if this worry is rational or irrational. Meaning, what is the likelihood of this worry occurring. Alien invaders? Maybe Irrational. Paying the month end bills? Likely rational.

## STEP 3: DEVELOP SOLUTIONS AND STEPS

Find practical solutions for your worries and make a list of actionable steps. Challenge negative irrational thoughts and focus on positivity.

## READY TO GET STARTED?

Print out a couple copies of this worksheet (complete this exercise weekly, or monthly, depending on the severity of your worries.) I suggest leaving a copy by your bedside table and emptying your brain of all worries before you sleep.

One worry at a time. Don't overwhelm yourself. Once you have finished processing this worry, move onto the next.



# IDENTIFICATION / WORRY WORKBOOK

## Part One - Identify Your Worries

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1. Write down your top 3 or 4 most pressing worries

2. Lets pick a 'focus' worry.

What is your anxiety level over these worries on a scale of 1 to 10 (10 being the highest). Write the number beside the worry above. Below write down the worry with the highest number. We will focus on this worry.

3. Is the worry rational or irrational

What is the likelihood of this worry happening? Example: Are you struggling to put food on the table = rational, a plane crash = irrational. Enter rational or irrational below. If the answer is rational, head to part 2 on the next page. If irrational, head to part 3 on page 4.

**THOUGHT OF THE DAY:** "Do not anticipate trouble, or worry about what may never happen. Keep in the sunlight." - Benjamin Franklin



# PLANNING / WORRY WORKBOOK

## Part Two - Rational Worries

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1. If the worry is labelled rational, write down real life possible outcomes.

Example: Worried about paying the bill? An outcome might be that your heat gets shut off. Worried about getting sick? An outcome might be that you get diagnosed with cancer.

2. Write down your plan, a list of manageable steps you will take if this worry happens.

Example: Worried about paying the bills, you list of steps might include: 1) Looking for a part-time job, 2) Phoning a relative, 3) Creating a budget 4) Cutting costs

1	
2	
3	
4	
5	

THOUGHT OF THE DAY: "Rule number one is, don't sweat the small stuff. Rule number two is, it's all small stuff." - Robert Eliot

*You're doing great!*



# GRATITUDE / WORRY WORKBOOK

## Part Three - Irrational Worries

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### 1. If the worry is irrational, what is the likelihood of it happening?

Is the outcome of this worry out of your control? Are there any steps you can take to tackle this situation? Is it possible to focus on positive outcomes or actionable steps instead? Brainstorm here.

### 2. List five things you are grateful for right now.

A gratitude practice is proven to increase happiness, reduce stress and improve optimism. Positive thoughts drive worries away.

1	
2	
3	
4	
5	

**PRO TIPS:** Realize most of what we spend time worrying about never comes to fruition. And if it does, we generally have spent hours stewing over a much worse outcome. Say **STOP** in a situation where you are unable to think straight.

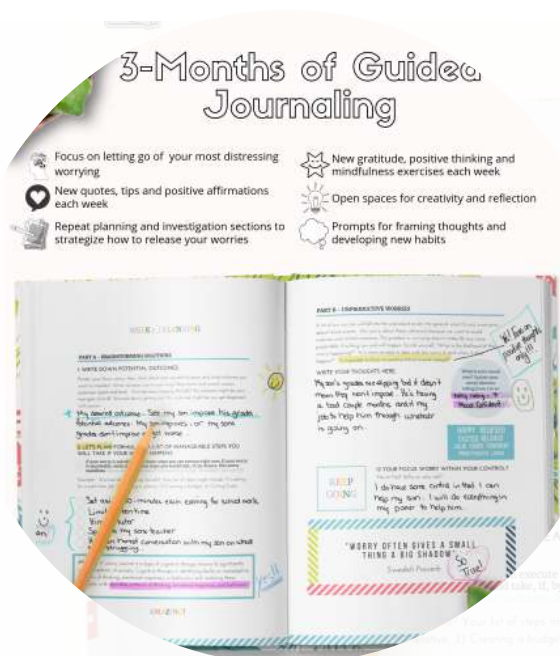
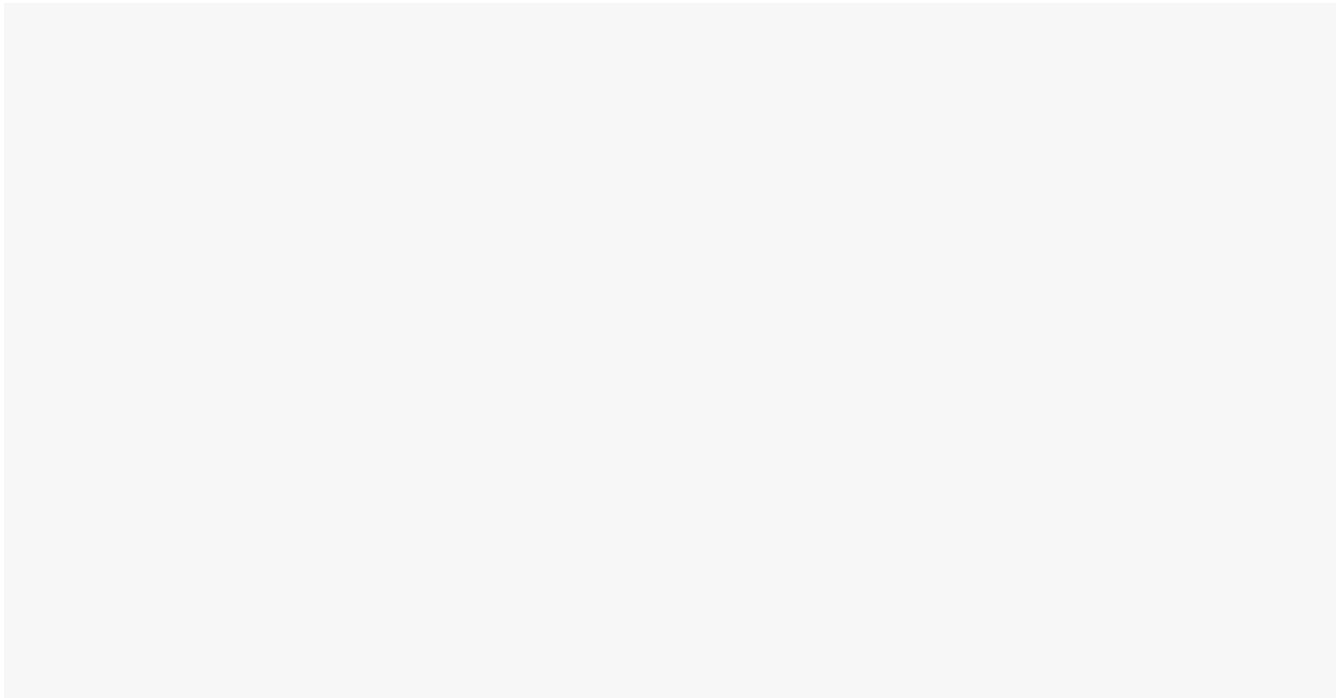
*You're doing great!*



## STEP FOUR - BONUS EXERCISES

Pick a positive focus word for today— such as beautiful, forgiveness or love. Write down all the ways you have experienced this word lately. How can you further bring this word into your life?

### BRAINSTORM YOUR IDEAS HERE:



## 3 MONTH GUIDED WORRY JOURNAL

Mindfulmazing's 3 month guided worry journal will help you stay calm and squash your anxieties in a fun and creative way. The pages of the printable or hard-copy journal are filled with prompts, questions, quotes, tips, positive affirmations, and creative spaces to ensure you cultivate a calmer, confident and peaceful mindset everyday.

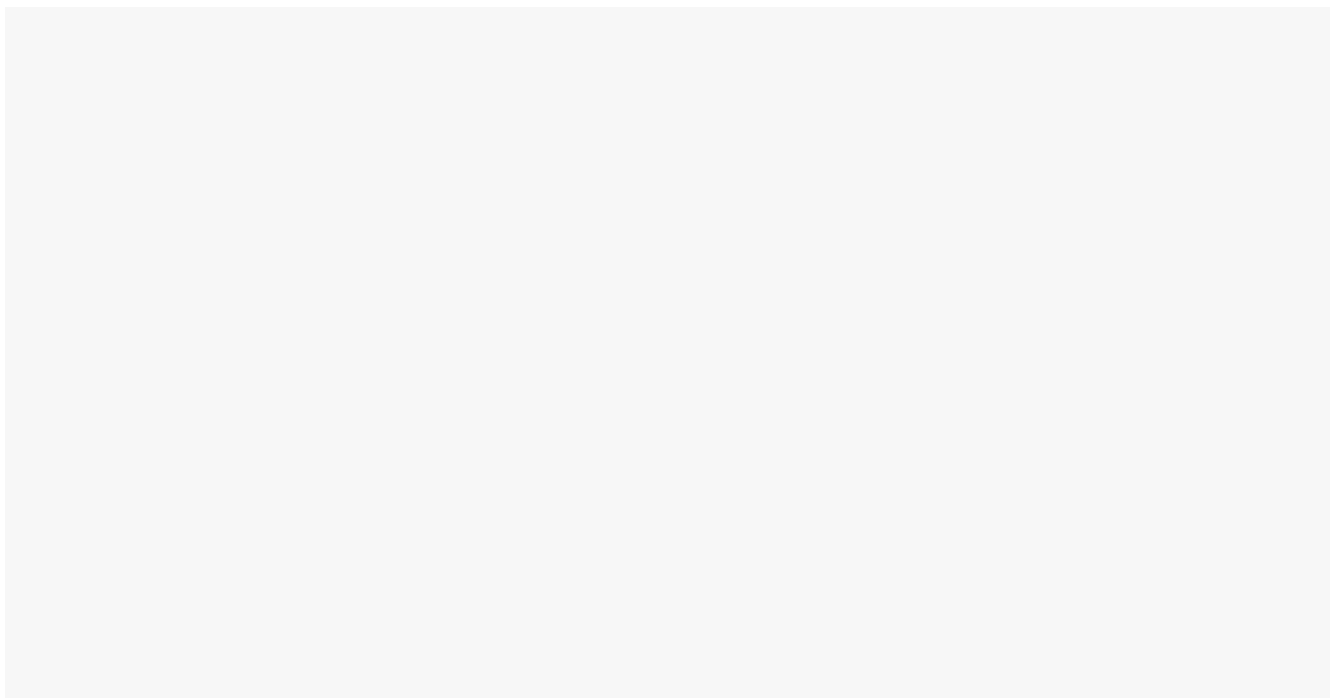
[CLICK TO TRY IT OUT](#)



## Step Four - Bonus Exercises - Continued

Write down a habit or activity that improves your mood or stress levels. Write down how you feel when you do this activity and how you can bring this activity into your life more often?

### BRAINSTORM YOUR IDEAS HERE:



### YAY! YOU DID IT.

I hope you were able to put some of your worries to bed. Please continue this practice and your journey towards a peaceful life. It's important! Please click below to check out more resources from Mindfulmazing on worry and stress reduction.

[CLICK TO CONTINUE THE JOURNEY](#)







# MINDFULMAZING'S WORRY JOURNAL



## EVER FEEL LIKE YOU WORRY TOO MUCH?

Click here or go to <https://mindfulmazingshop.com/>

Of course you do. We all do! Our worry journal can help.



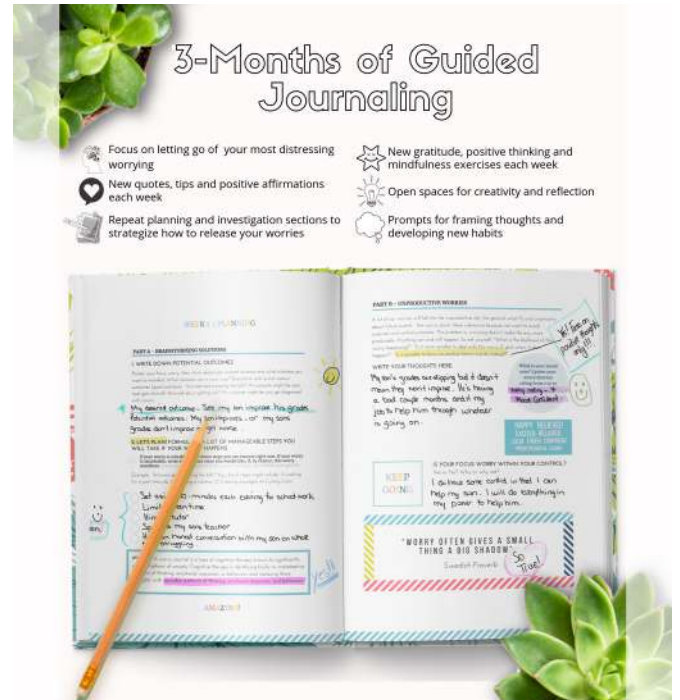
It's the proven worry management system that will show you, step-by-step, exactly how to tame your worries, crush your anxieties, re-frame your thoughts, cultivate peace, and outline your self-care goals, all in the same place

*Take a moment to dream (to breathe...)*

- ★ **Understand** the role your thoughts play in your life (since it's so different for everyone)
- ★ **Break through** obstacles that have been holding you back from achieving peace of mind
- ★ Design an anxiety **free action plan** that you can revisit again and again to finally feel like you're in control of your life
- ★ Guided journaling for gratitude, positive thinking, self-care goals, plus **so much more.**

Sounds pretty good right? It's life-changing.

And right now, for a limited time, you can get our 120+ page worry journal for just \$9.75, that's 25% off the regular price. Use code **Worry25** at checkout.



### 3-Months of Guided Journaling

- Focus on letting go of your most distressing worrying
- New quotes, tips and positive affirmations each week
- Repeat planning and investigation sections to strategize how to release your worries
- New gratitude, positive thinking and mindfulness exercises each week
- Open spaces for creativity and reflection
- Prompts for framing thoughts and developing new habits

TO TAKE ADVANTAGE OF THIS OFFER, SIMPLY GO TO:

<https://mindfulmazingshop.com/collections/books-and-journals/products/mindfulmazings-worry-journal>