



2. Decide if you CAN or CAN'T do something about it.

3. Create you Acknowledge, Accept, and Refocus plan.
 - Acknowledge you are distracted.
 - Accept the Distraction and Decide what you are going to do about it.
 - Refocus on how you are going to do it.

Print out this Worksheet and keep one by your bed, at night write down any what ifs that pop into your head and create a plan.

Acknowledge: What is the What if?	Accept: Accept you are worried Create a Refocus Statement.	Refocus: What can you do Now about the situation?