Stress and worry generally come when we anticipate the worst possible outcome and/or when we don’t have a plan to address it. Well, we’re going to put a dent in the worry wheel (because it often literally feels like a gerbil wheel that we can’t seem to hop off of).

**Example**

1. **Worry**
   - I won’t make enough money to live the quality of life I want to live.

2. **Worst that can happen if the worst happened**
   - I will live a more modest life and potentially have to grind to make ends meet. I’ll be embarrassed and angry with myself for not realizing that goal.

3. **What would you do if the worst that could happen, did happen?**
   - I would make a plan to start over. I would use my resources and contacts to help me move forward.

4. **What can you do to ensure (as best you can) that you don’t get the worst outcome?**
   - I can begin to dial down my finances in order to create more disposable income. I can get a part-time job with the understanding that my goal is save money through this sacrifice of time.

You have a plan for the worst!!

Now work like hell to make sure that the worst doesn’t happen!!
Click **HERE** for the digital version

**YOUR TURN**

**Name the worry**

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**What’s the worst that could happen if this worry came to fruition?**

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**What would you do if the worst that could happen, did happen?**

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**What can you do to ensure (as best you can) that you don’t get the worst outcome?**

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NOW TAKE A DEEP BREATH AND GET TO WORK!