

Less

WORRY 

ACTION

PLAN

**A LITTLE EXERCISE TO
HELP YOU FIGURE OUT
WHAT TO LET GO OF**

How worried are you?

Use the scale below to rate the level of worry you feel right now.

At the end of the exercise, you'll find another scale. Rate yourself again and see if your level of worry changes.

On page 7 you'll find seven more scales to take you through the rest of this week.

Rate yourself every day this week after working through the exercise, and see where you are at the end of the week.

After rating yourself below, move on to the exercise on page 3.

My current level of worry right now

Date	Low									High
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	2	3	4	5	6	7	8	9	10

What am I worried about today?

Work/School

Health

Family

Finances

Friends

What can I do?

Where do I have personal responsibility in these items? What power do I have to change them?

Where do I feel like I could be doing more?

Where can I take action that belongs to me?

What do I bring?

What are my personal strengths?

What resources do I have available to me right now to help me take care of these situations?

What specific steps can I take today to influence the situations I have control over?

Which of the worries listed on the first page do I get to let go of today?

How would you rate your worry now?

Date _____

Low 1 2 3 4 5 6 7 8 9 10 High

My current level of worry

Date _____

Low 1 2 3 4 5 6 7 8 9 10 High

Date _____

1 2 3 4 5 6 7 8 9 10

Date _____

1 2 3 4 5 6 7 8 9 10

Date _____

1 2 3 4 5 6 7 8 9 10

Date _____

1 2 3 4 5 6 7 8 9 10

Date _____

1 2 3 4 5 6 7 8 9 10

Date _____

1 2 3 4 5 6 7 8 9 10

Want more information?

Visit my website at www.LoriMiller.me for worksheets, checklists, articles and videos about stress and mental health.

MENTAL HEALTH MOMENT

You can catch my daily podcast -- Mental Health Moment -- for tips and strategies to help you manage your stress at home and at work.

Available on:



Visit LoriMiller.me for info on how to subscribe!

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Join my email digest, Be Well Do Well, to get a recap of what you may have missed the past week and to get an exclusive sneak peek at other products and materials I'm working on.

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CONTACT ME

I would love to hear your feedback! Hit me up at lorimiller@LoriMiller.me!