

# STOP WORRYING ABOUT THINGS OUT OF YOUR CONTROL

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Identify what is and isn't in your control



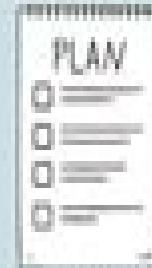
Focus your energy on controllable worries and practice gratitude for what you can influence

Schedule dedicated "worry times"



Set aside 10-15 minutes each day to reflect on and address your worries in a constructive manner

Reframe "what-ifs" as "what-thens"



Shift your perspective from hypothetical worries to empowering action plans

Cultivate curiosity about your worries



Approach worries with a curious mindset to gain self-awareness and find solutions

Future-cast, don't future-trip



Envision positive, realistic future scenarios and take actionable steps toward your goals

Allow worries, don't suppress them



Acknowledge and accept the presence of worries without judgment, reducing their intensity over time

# Take Control Of Your Worry

**Christian Drosten**



**Take Control Of Your Worry:**

Discover tales of courage and bravery in is empowering ebook, Unleash Courage in **Take Control Of Your Worry** . In a downloadable PDF format ( \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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