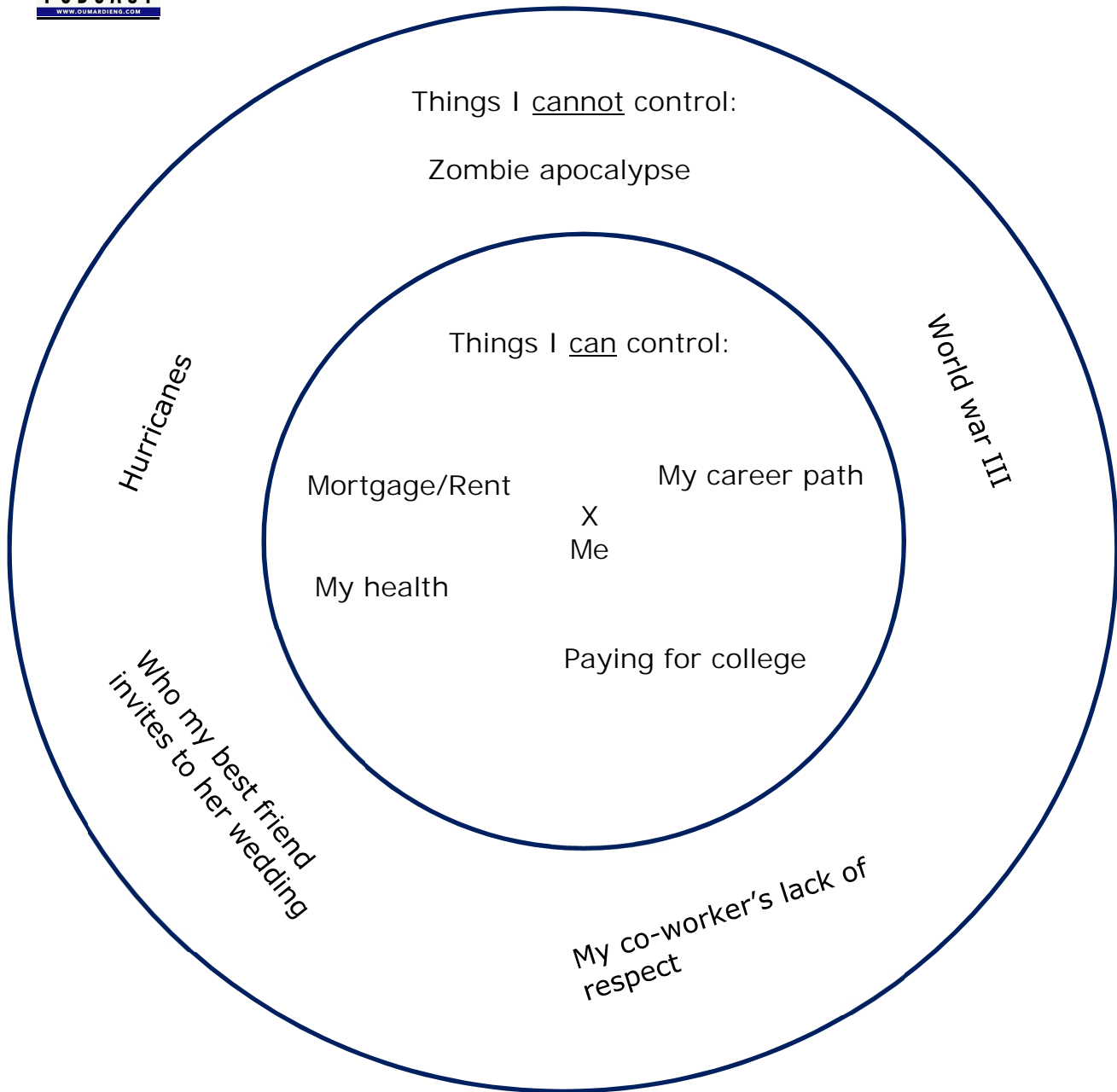


Motivational Exercise – How to Control Worry



3. Focus on the things you can control
2. Let go of the things that you cannot control. They will cause you stress and worry
1. See episode MVP12 for instructions on how to use this diagram