

My hypothetical worries today

My Hypothetical Worries Today	
My scheduled Worry Time is: _____ am/pm for: _____ mins	
My Worry:	To refocus on the present moment I am now going to:
e.g. What if I have made a mistake at work?	e.g. Put the radio on and cook dinner (spaghetti) and notice the lovely smells and sing along!