

Anxiety, Overthinking, and Overloaded Mind

- ☑ What exactly am I worried about right now?
- ☑ Is this a problem happening today, or a possibility my mind is rehearsing?
- ☑ What do I know as fact, and what am I assuming?
- ☑ Which part of this is actually in my control?
- ☑ What thought keeps returning, and what do I want to do with it for now?
- ☑ What's one small next step, instead of trying to solve everything at once?
- ☑ If I stopped predicting the whole day, what would I focus on this morning?

