

Worrying Worksheet

I'm worried about _____



Can I do something about it?

CHALLENGE ACCEPTED

Yes: I can _____



No: Then why should I worry?



I'm worried about _____



Can I do something about it?

CHALLENGE ACCEPTED

Yes: I can _____



No: Then why should I worry?



I'm worried about _____



Can I do something about it?

CHALLENGE ACCEPTED

Yes: I can _____



No: Then why should I worry?

