

Treat this workbook as a journal to track your progress for a month at a time.

Journal Entry 1

Write a paragraph or so at the end of each day on how you released old habits when dealing with uncertainty.

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Journal Entry 2

Write at least a sentence for how old and new definitions of dealing with uncertainty affect your: feelings, actions, thoughts and behaviors; daily.

Feelings\_\_\_\_\_

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Actions\_\_\_\_\_

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Thoughts\_\_\_\_\_

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Behavior\_\_\_\_\_

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Journal Entry 3

Write about one new thought pattern you applied to dealing with uncertainty.

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