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 of any uncertainty you deal with and what affects you most about the situation.

_____
_____
_____
_____
_____
_____
_____

Journal Entry 2
Write at least a sentence for how dealing with uncertainty affects your: feelings, actions, thoughts and behaviors; daily.

Feelings_____
_____
_____
_____

Actions_____
_____
_____
_____

Thoughts_____
_____
_____
_____

Behavior_____
_____
_____
_____

Journal Entry 3
Make a list of the words you use daily to describe uncertainty and how it affects you; and find a substitute word for those words you use that don't help you gain stability when dealing with uncertainty.

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|---|---|
| _____ | _____ |
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