

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 self-judgement played a role in dealing with uncertainty.

Journal Entry 2

Write at least a sentence for how control was involved in dealing with uncertainty and how this affected you: feelings, actions, thoughts and behaviors; daily.

Feelings _____

Actions _____

Thoughts _____

Behavior _____

Journal Entry 3

List two ways you let go of control and put trust in your heart when dealing with uncertainty.
