

The Mind Edit Worksheet

For the overwhelmed mind

What is on your mind? List all of the fears, concerns, thoughts

Now divide the list into groups:

What I can't control, What isn't mine, and what is left.

I can't control:

What is left:

Isn't mine:

Someone else's thoughts, feelings, actions, or results in their lives

What is left is yours. You can change each one of these things. Focus on those and let the other things go.