

I can't do anything about these worries. They are completely out of my hands.

These are worries about things that I am already working on. I am doing the best I can and that is enough.

These are worries that I can actually do something about at some point in the future. I wrote my action steps on the back of each card.

These are worries that are about my self-worth and how I feel about myself. I have written one kind and compassionate self-statement on the back of each card.