

## Tick Tock

Write something that worries you shortly to the left of the divider. Then write a more positive **and actionable** version of the issue on the right hand side. For example, “I’m afraid I won’t pass the exam” to “I will reserve more time in my calendar to study for the exam”. Repeat for each worry you want to address here. Finally, move the actionables to your list of next actions or todo list.

**TICK**

[illegible]

**TOCK**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.