

E006 Worry Just in Time — Journal Pages

E006 Journal Pages

Episode: Worry... Just in Time
Format: Standalone printable journal pages

 Pour yourself a cup. Sit with these:

Page 1: The Worry Inventory
What worries are you carrying right now? Write them all down. Then mark each: T (today problem) or F (future problem).

Worry	T or F?	If F, when does it become T?

Page 2: Which Neighbor?
Are you more like Neighbor 1 (refreshing the forecast, living in imagined storms) or Neighbor 2 (preparing and returning to today)?

This week I've been like Neighbor:

What pulled me into the forecast:

What would Neighbor 2 do differently:

Page 3: The One Question
Choose your biggest worry. Ask: "Is there something I can actually do about this today?"

My biggest worry:

Can I do something today? (yes/no):

If yes, the one action I'll take:

If no, I'm putting it on the shelf until:

Page 4: The Shelf

Write down worries that don't belong to today. Give them a date. Release them.

Worry	Shelf until (date)	Did it solve itself?

Page 5: Today's Peace

"What would my day look like if I only carried today's worries today?"

[Space for writing]

Page 6: Weekly Worry Tracker

Day	Worry I carried	Was it a today problem?	What I'd tell Neighbor 2
Mon			
Tue			
Wed			
Thu			
Fri			

Airtable Table: Assets
Asset Type: Journal Pages
Linked Episode: E006
Status: Complete