

The Control Worksheet

What are you anxious about controlling?



How important is it really?



meh

life or death

What's your ideal routine?

A large, empty rectangular box with a thick black border, intended for writing an ideal routine.

What's are you worried about happening if you can't do it?

A large, empty rectangular box with a thick black border, intended for writing about worries if the routine cannot be followed.

How could you change your routine without too much stress?
What's the plan B/C/D/E...?

A large, empty rectangular box with a thick black border, intended for writing alternative plans to the routine.

What do you care about enough to opt for plan B-Z?

A large, empty rectangular box with a thick black border, intended for writing what one cares about enough to opt for an alternative plan.