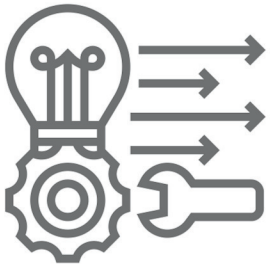
Write Out Any Worries



hpcarr.com/rosie



Challenge Any Worries With "Proof Of The Truth"



What are the facts?
Is it true right now?
Or is it a "What if...worry?"



What advice would you give Rosie or a friend if they had these worries?

What's within your control?
What action could you take to help with each worry?



