

Exercises — Write your answers in the space provided below.

1. List all your worries and concerns.

2. From this list, determine which worries are needless and which are legitimate.

3. Outline a strategy for solving your legitimate problems.

4. Starting this week, spend one hour each day exercising your mind. That is, write down ideas for improving your present and/or achieving your current goal. Strive for 20 ideas each day.

5. Test the ideas that you believe have merit.