A PRACTICE FOR WORRY · WHAT YOU CAN CONTROL

Mine and not mine

By **Jamie Bayof**

> *"Some things are within our power, while others are not." — Epictetus*

1. **Write the worry** at the top of the page, in the words it actually uses.
2. **Sort it.** What is yours — your effort, choices, responses? What isn't — outcomes, other people, the past?
3. **Pick one item from "Mine"** and do the smallest piece of it today.

The worry

Mine	**Not mine**

The smallest piece I'll do today

A short practice from Jamie's free guide, How to Win the Battle Inside Your Head.

Educational, not medical advice.
If you're in the US: Call or text 988
Outside the US, use your local emergency number.

© Bayof Business Group LLC
https://www.thetwobattles.com