

A woman with dark hair, wearing a grey sweater, is shown from the chest up. She has her right hand pressed against her forehead, looking down with a distressed or worried expression. In front of her is a white coffee cup on a wooden surface. The background is a dark, muted blue-grey color.

BY KEVIN DAVIS

THE STOP WORRY WORKBOOK

AN ACTION PLAN TO TRANSFORM WORRY



A NOTE FROM THE AUTHOR

WELCOME, MY WONDERFUL FRIEND.

Hi. I'm happy you've decided to be with me on your journey to turn worry into calm. This workbook will help do just that. It's designed to be used with the ebook, so if you've read the ebook then you know the many steps to transforming worry into calm.

With this workbook, we will help you get clarity and map out a plan to integrate calm into your life using the 53 steps.

By the end of this workbook you will:

- Know which mental and physical adverse effects of worry you are currently encountering and which step to take to manage it.
- Recognize and change the patterns of worry you create
- Use a 4 week plan to move you from worry to calm
- And start a support system to help you in the future

NOTE: Make multiple copies of the worksheets for future use with any other worry effect you'd like to overcome in the future.

If you are ready, let's get started.

Kevin Davis

Kevin Davis CEO and Founder of
Kevin Davis Coaching .com

STOP WORRY CHECKLIST

INSTRUCTIONS: Keep this checklist handy to remember to engage with the steps of transforming worry into calm.

- READ INTRODUCTION
- COMPLETE WORRY ON THE BRAIN QUESTIONS
- COMPLETE WORRY ON THE BODY QUESTIONS
- CLARIFY YOUR BEHAVIORS
- CLARIFY YOUR GOALS
- DESIGN YOUR ACTION PLAN
- IMPLEMENT THE PLAN
- TRACK THE RESULTS
- USE YOUR SUPPORT SYSTEM
- ENJOY YOUR DAYS FREE OF WORRY