

CALM: **Transform Worry into** **Inner Peace**

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Toronto Academy of Dentistry
2017 Winter Clinic

Friday, November 10, 2017
9:00 – 10:30 AM



1. My Current Concerns:

2. My Action Plan:

Be bold; take action!

Notes:

C = Challenge Your Assumptions

Strategy #1: _____

Strategy #2: _____

Strategy #3: _____

A = Act to Control the Controllable

Strategy #1: Brainstorm possible actions
*** *on paper* ***
and then take action!

Roadblock #1: Fear of _____

Remedy #1: _____

Roadblock #2: Fear of _____

Remedy #2: _____

L = Let Go of the Uncontrollable

Strategy #1: _____

Strategy #2: _____

Strategy #3: _____

M = Master Your Mind

Strategy #1: _____

Strategy #2: _____

Strategy #3: End "what-if" thinking:
Ask: _____?
Ask: _____?
Affirm: _____!