

DON'T GET LOST IN THE FOG

When facing a problem, it's tempting to start listening to 'WHAT IF?' thoughts that make things seem much bigger and more worrying than they actually are.

They take away your focus and energy from moving forward and add to feeling anxious and overwhelmed. Fixed mindset thinking will make you question whether you're capable, whether you deserve a good outcome and stop you from asking for help when it's needed.

**'WHAT IF'S' ARE
WORTHLESS AND CAN
BE EASILY BLASTED
BECAUSE THEY HAVE
NO EVIDENCE TO BACK
THEM UP.**

Take the time to write down your 'what if' worries and tackle them with an adult you trust. Look for **solid evidence** to work out if your 'what if' thoughts are likely to ever happen.

If it's unlikely ... is there any point worrying about them?

Your time and energy are more valuable.

