Worry time list

Park worries here during the day. At worry time, go through them, then start a fresh sheet tomorrow.

My worry time: every day at ____ : ____ for ____ minutes

Worry	Time	Still a worry?
		yes / no
		yes / no
		yes / no
		yes / no
		yes / no
		yes / no
		yes / no
		yes / no
		yes / no
		yes / no
		yes / no
		yes / no