



## Curiosity vs Worry Journal

### 1. What am I worried about today?

Describe any specific thoughts or situations that are making you feel anxious or uncertain.

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### 2. What part of this situation can I be curious about?

Can you turn any fear or doubt into a question? What do you want to learn or understand more deeply?

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### 3. What would it feel like to approach this with curiosity instead of fear?

Imagine exploring this with an open mind. How might it change your experience?

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**4. If I were a scientist studying this situation, what would I ask or observe?**

Reframe your worry as a research question. What would you want to investigate?

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**5. One small step I can take today with curiosity:**

List one action you can try that shifts your mindset from control to exploration.

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**Curiosity vs. Worry Journal**

**Daily Reflection: What did I notice or learn by being curious today?**

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