



Petal & Paper

YOUR FREE PRINTABLE

Worry tree decision worksheet



Find more free wedding printables at
247printables.com

Page 2 is your clean, ready-to-print sign — edit the text in any free PDF editor.



W O R R Y T R E E

worry worksheet

What am I worrying about? · _____

Is it a real, current problem — or a hypothetical 'what if'? ·
Real ☐ Hypothetical ☐

If hypothetical: · There's nothing to solve. Notice it, let it go, refocus.

If real: can I do something about it? · Yes ☐ No ☐

If yes — what action can I take? ·

When will I do it? · Now ☐ Scheduled for: ____

If no — practise letting go · It's out of my control. Refocus on the present.

W O R R Y I S O N L Y U S E F U L I F I T L E A D S T O
A C T I O N — O T H E R W I S E , G E N T L Y L E T I T
G O

— edit the text in any free PDF editor —

