

MOMENTUM GROUP READ

Study Guide + Action Plan

HOW TO STOP WORRYING & START LIVING

by Dale Carnegie

Have you ever felt that you just can't move forward because you are worried about the future? Do you feel anxiety over things that you can't control? Are you worried often?

How to Stop Worrying & Start Living is a classic self-help book that reminds you of the dangers of allowing worry and fear to control your life.

What would your life look like without anxiety?

READING PROGRESS-(check off as you read)

- PART 1: FUNDAMENTAL FACTS YOU SHOULD KNOW ABOUT WORRY
- PART 2: BASIC TECHNIQUES IN ANALYZING WORRY
- PART 3: HOW TO BREAK THE WORRY HABIT BEFORE IT BREAKS YOU
- PART 4: 7 WAYS TO CULTIVATE A MENTAL ATTITUDE THAT WILL BRING YOU PEACE & HAPPINESS
- PART 5: THE PERFECT WAY TO CONQUER WORRY
- PART 6: HOW TO KEEP FROM WORRYING ABOUT CRITICISM
- PART 7: 6 WAYS TO PREVENT FATIGUE AND WORRY AND KEEP YOU ENERGY AND SPIRITS HIGH
- PART 8: "HOW I CONQUERED WORRY"

NOTES:

28 DAYS

WEEK 1: What worries me most?

WEEK 2: Of the things that worry me, what are some action steps I can take for each to reduce the fear?

WEEK 3: What is one instance when my worry was unfounded?

WEEK 4: What are some techniques that I can use to conquer anxiety & fear?

DID I WORRY ABOUT SOMETHING TODAY? CIRCLE THE DAYS THAT WORRY CONTROLLED YOU. NOTE YOUR WORRIES.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
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I worried about...