

Map Your Worries Against Reality

(End of Chapter-4 Exercise)

	<i>Worries/What-if scenarios</i>	<i>Feared outcome told by What-if Machine</i>	<i>What actually happened</i>	<i>Feared outcome arrived (Yes/No)</i>	<i>How you handled it</i>
ONE					
TWO					
THREE					
FOUR					
FIVE					

