Prediction VS Actual Outcome

Keep a log for a least a week. THEN, look to see how many predictions were correct in your outcome thinking. How many of your predictions came true? Were they as horrible as you had anticipated them to be? What did you learn from this?

Event or Trigger	Exaggerated/Worst Thought Outcome Prediction:	What actually happened?
https://worksheetplace.com_C	linarte	