Don't Get Lost in the Fog

When you're facing a problem, it's easy to get pulled into "WHAT IF?" thoughts that make everything seem bigger and scarier than it really is.

Those thoughts drain your focus and energy, leaving you anxious and overwhelmed.

A fixed mindset can make you doubt your ability, question whether you deserve a good outcome, and stop you from reaching out for help when you need it.

'What If's' are worthless and can be easily blasted because they have no evidence to back them up.

WHAT IF? WHAT IF? WHAT IF? WHAT IF?

WHAT IF? WHAT IF? WHAT IF?

WHAT IF? WHAT IF? WHAT IF? WHAT IF?

WHAT IF? WHAT IF?

WHAT IF? WHAT IF? WHAT IF?

WHAT IF? WHAT IF?

WHAT IF? WHAT IF? WHAT IF?

Write down your 'what if' worries and go through them with someone you trust.

Check the evidence — are these things genuinely likely, or just fear talking?

If the chances are tiny, why let them drain your energy?

Your time and headspace matter.