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## Uncertainty worksheets with answers

Free brainplusiqs.com-free brainplusiqs.com spreadsheets © free print spreadsheet 2020 Copyright Privacy Policy Contact To keep the Beautiful Life Plan ad free, this post may contain affiliate links. If you buy a product through a link, we can receive a small commission at no extra cost to you! Please read our warning for more information. Life is always uncertain. Nothing is promised and we cannot predict the exact outcome of anything, ever. Yet, despite the fact that uncertainty is only the nature of life, we cannot seem to help ourselves in trying to control the future or obsessively worry about it. Because, unfortunately, the simple fact of knowing that something is true is not enough to extinguish our natural and subconscious tendencies. If you read this post in real time (spring 2020), then you experience some additional uncertainty of the global coronavirus pandemic in addition to the regular uncertainty in your daily life. I've been wanting to write this post for a while, and now seemed to be the perfect time. The nature of life is uncertain Most of us experience a certain level of basic uncertainty on a daily basis, in all sorts of ways. We are faced with uncertainty in our decision-making because we cannot be sure that we are making the right choices. We may be afraid of what the future holds. And we are concerned about how our current actions will be future ourselves. When we are uncertain, we may not make decisions and we may not act. When we let the fear of uncertainty paralyze us, we could make decisions that do not fill us or decisions that leave us stuck. Uncertainty could also make us live in the world of future anxiety instead of living in the present moment. We could try to desperately control things over which we have no control. I want to challenge you with this idea: What if, instead of defining uncertainty as good or bad, you just consider it the true nature of life? What if you accepted uncertainty and learned to work within its parameters instead of unnecessarily fighting it? Believe me, I have a senseless need to control everything as much as anyone else. But the simple truth is that there are so many things in life that we cannot control, so uncertainty is inevitable. There is no uncertainty. Then the question becomes how can I cope with uncertainty so that I can stop worrying about the future? 10 to face uncertainty As always, find the ideas that resonate with you. We all experience uncertainty differently. So take what works for your life and let what doesn't. I've also set up a free dealing with printable uncertainty at the end of this post, so make sure you hang it on your wall! 1. Assessing how you are currently dealing with uncertainty Aware of our natural tendencies is the first step to changing them. You've already with uncertainty every day because it is part of our lives. But you may not know how you naturally deal with uncertainty, and this may not be the healthiest strategy. Take a moment to watch some of the most uncertain, fearful or disturbing moments in your life (it's a great time to get your diary out). What did you do? How did you naturally deal with uncertainty? Have you spent countless hours worrying? Have you been paralyzed by fear and have you chosen not to make a decision? Have you completely avoided uncertainty by engaging in distractions? Have you tried to control everything, even things you can't control? Make sure you look at what works and what doesn't so you can adjust your methods as needed. Be honest with yourself, there is absolutely no judgment here. We cannot know what we need to grow if we do not know where we are now. My natural strategies for coping with uncertainty look like worrying senseless, then planning panic for all possible scenarios, and finally bailing out or numbing instead of facing uncertainty. Not only is it not healthy, but it is also completely useless. But now that I'm aware of these blind spots, I can see when I start slipping into these natural tendencies and choose to use healthier methods to deal with uncertainty. As you try to understand how you currently deal with uncertainty, try looking for patterns and themes that can help you get a clear picture. Your coping mechanisms can come from your childhood, what you have learned from society, or how people around you cope with uncertainty. 2. Start with a brain dump that I really came to love brain discharges for absolutely everything. They're so useful. A brain dump is basically taking everything on your mind and writing it down on paper. Our minds can be quite messy with all kinds of thoughts, emotions and ideas circulating in there. The beauty of doing a brain discharge is that it allows you to clearly see everything that is going on in your mind and have the clarity to sort through it all. Whatever kind of uncertainty you're facing right now, start with a brain discharge. Get a newspaper or a piece of paper and write down everything you think and feel about the situation (yes, write it down physically. I promise it helps). You probably have more things to do in your mind than you realized. When I do I usually start by writing in a stream of consciousness. But then, once everything is out in the open, I like to start categorizing things and making graphs and lists. It's a messy process, but it really helps me see things clearly so I can start to find a solution. 3. Name your emotions about uncertainty Giving a name—such as fear, anxiety or worry—makes it easier to manage. I find that if I feel really worried without acknowledging that that anxiety can go on and on. But when I think, I'm worried about how my business will be doing in six months, then I have something tangible to work on. From there, I can see my anxiety and I'm less likely to curl up unknowingly in it. Use your brain discharge to try to name the emotions of your feeling about uncertainty, and be accurate. That sounds silly. But especially for those of us who tend to ignore or emotions, we need to see them for what they are so that we don't let them control us. Emotions can be a great indicator that something is wrong, but they are bad at driving our lives in the right direction. 4. List What is in your control and what is not There are so many things in life that we cannot control, but it can be hard not to worry about these things. Using your brain discharge, make a list of everything you can control and can't control the uncertain situation you're in. For example, right now I can control the type of content I create, stay at home to reduce spread, and be as nice as possible. But I can't control what others are doing, how the pandemic will affect my business, or the spread of the virus. Clearly defining what is under your control and what is not can help you worry about things you can't control and allow you to focus your energy on what you can control. Related post: 20 things you can't control Vs. 20 things you can and how to let go of Control 5. Staying connected to what matters most uncertainty can lead us to make choices based on fear or cause to avoid making choices altogether. The best way to make confident choices, even in the face of uncertainty, is to stay connected to what matters most, or your core values. Knowing what matters most, and staying connected to these things, will allow you to make the best decisions possible, even when you don't know what the outcome will be. For example, you may not know if this is the right time to change careers because of how it might affect your life. Then you remember that making meaningful contributions to the world is one of the most important things for you, but you don't feel like you're able to do it in your current career. While there will be a lot of uncertainty in a career change, you may feel confident to do so because you make a choice based on what matters most. If you've never taken the time to define your values I recommend that you go to this message: Find and define your core values (Free Printable Basics List). Defining your core values will help you stay more ingrained and confident, even in uncertain situations. 6. Take small actions in the right direction What if, instead of worrying about all the things you might need to do, you just do the next most important thing? Sometimes, uncertainty leads us to try to plan a to combat uncertainty. But of course we can't. When we plan too much, we actually make it harder on ourselves if things don't go our way. Rather than trying to figure out a whole plan of attack when faced with uncertainty, the best thing to do is just focus on the next most important thing. Take it one step at a time and know that the situation will inform you what to do next. Taking small actions will keep you open from time to time and allow you to correct the course if necessary. 7. Creating structural uncertainty can often result in feeling like your life is out of control. If this happens, it is useful to create some structure in the area of things you can control. Of course, that doesn't mean you need to structure your whole life. Simply adding a few pieces of structure can make it easier for your life to move around despite the uncertainty. For example, right now, many people have been forced to work from home to reduce the spread of the pandemic (don't worry, I'm working on some great tips for working from home, too). It can feel a bit chaotic if you've never worked from home before, and there's no way to know exactly how it's going to go. Or how the state of the world will go elsewhere. In this situation, it is helpful to create a structured morning routine that adapts to your workday at home and create work hours that help you maintain balance. When my mother passed away, many of my colleagues were shocked by how quickly I got back to work. But I needed to keep the structure in my life to avoid being overwhelmed by the uncertainty of how my life would change. Creating a structure in your life can look like a daily self-care ritual, creating a new bedtime routine, simplifying your to-do list, or finding a responsible buddy. Use a dump to understand how your life can benefit from a bit of structure with any uncertainty you are currently facing. 8. Stay present Really one of the best things you can do every time you face uncertainty is to stay in the present moment. Uncertainty ultimately stems from concern about the future. But since we cannot know what the future holds for us, the best thing we can do is live in the present moment. When you live life in the present, you get to enjoy life as-is with less concern for what is to come. That's why the full is an important practice in your life, regardless of the fact that you are faced with a lot of uncertainty. But the cool thing is that when you stay there, you also have the opportunity to affect your future. We spend a lot of time worrying about what's going to happen, basically living in the future. But if we take positive steps now, we have a better chance of influencing our future for the better. We will never be able to fully predict the future, but we can affect it if we continue to remain present. 9. Get out of your head, I'm a in my head kind of person. It's ideal for solving creative problems, but a little annoying when it comes to dealing with uncertainty. Some days it can be difficult for me to connect with the physical world. If you have trouble getting out of your head when you feel uncertain (for example, you might constantly overanalyze your options before making a decision), it may be helpful to find a way out of your head. To reconnect with the real world, I like to do yoga. The physical practice of yoga allows me to reconnect with my body and the practice of breath helps me to let go of my constant thinking. Here are some other ideas: Do Yoga (Yoga With Adriene is my favorite place for free videos)Take a walk in natureWork outTake a shower or bathGive yourself a foot massage (it sounds weird but it's amazing)Pet or play with your petsSpend time with someone without technologyDo a physical task like cleaning or doing dishesDanceTende to your plantsColorDo a craft The moment you're getting too engrossed with worry about the future or trying to control to it, take a break and do your business of choice. 10. Becoming adaptable We have established quite well that the nature of life is uncertain. We can't change that. But we can change the way we react. I love this quote from Frank Ostaseski from The Five Invitations: We grow up when we realize that we are no longer able to control all the conditions of our lives, so we are challenged to change ourselves. In our case, we can become adaptable instead of resisting uncertainty. When we try to control the outcome of a situation, we can get closer. But when we are adaptable, we are open to all the opportunities that come to us. This make it easier to navigate obstacles and let the situation inform us of what we need to do next. Being adaptable doesn't mean being fully prepared for anything. While it's helpful to have tools and skills for many scenarios, all you really need is the right mindset to know that you can find the answers and tools you need when the situation arises. What would it look like to be more adaptable to the type of uncertainty you are currently facing? How can you change your mindset about uncertainty? Uncertainty can be an excuse to worry about or it may be a reason to live your best life. 3-day Free Intentional Life Challenge The free 3-day intentional life challenge is the best way to dive head first into intentional life. This 10-page notebook is designed for you through the process of intentional life so that you can begin to live with the goal every day. If you're wondering what it takes to create and live an intentional life that you love, now is the time to learn. Sign up below and I'll send it right away! On! On!

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