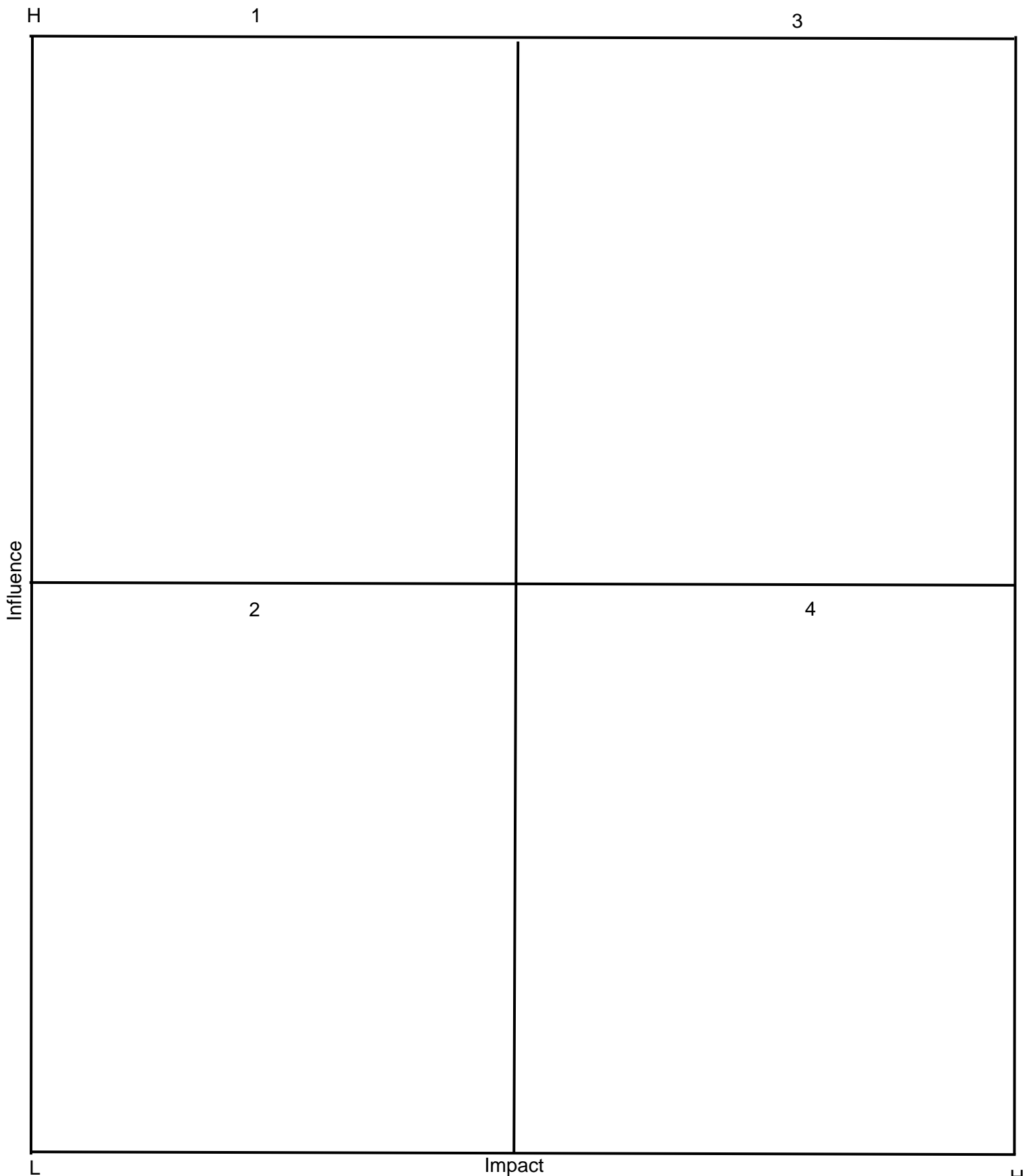




Transfer the worry / problem statements to the following four-box model, indicating whether the impact of the problem is high or low and whether your ability to influence the outcome is high or low -



Use the following table to conduct a 'TASL' assessment of all items listed in box 3 –  
(Transfer, Act, Suspend, Let go)

<b>Worry / Problem</b>	<b>TASL?</b>	<b>Details</b>

