



RMS PERSONAL TRAINING

WEIGHT LOSS MANAGEMENT

UNCERTAIN TIMES SKILL

THE BEST WAY TO DEAL WITH A
UNCERTAIN SITUATION IS TO
RECONGISE IT.

Uncertain Times Skill Exercise

Although some are used to operating in situations that most find scary, we can all can all still lose confidence when faced with an uncertain events much like current climate of Covid-19.

Its important that we stay mindful in these types of situations

The Benefit Of Facing Our Fears

An incredible boost if transparency, confidence and clarity around the event itself.

After all, if we don't take the time to think about our thinking and discuss it with others, it only gets scarier.

How To Use The Uncertain Times Skill

1. Identify the event that happened in your life.
2. Explain why these events unsettled you.
3. Reflect on the first two columns and in the third, write down what lessons or new understanding you gained from these events.
4. What lifelong skills did you acquire after overcoming the scary situation and their obstacles.
5. Once you've completed these steps, list three discussion topics for yourself and someone else. #

*** Stay mindful of how you approach the conversation. Avoid criticism and complaints.**

The best way to deal with uncertain situation is to recognise that there are lessons you can take from the surrounding circumstances and how you approach them.



Uncertain Event	Why Did It Unsettle You?	New Learning	Lifetime Skill

Discussion Topics			