
■ Financial Triage

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MY FEARS/CONCERNS	LEVEL OF THREAT	ABILITY TO CONTROL
	<input type="radio"/> Immediate <input type="radio"/> Possible <input type="radio"/> Unlikely	<input type="radio"/> Control <input type="radio"/> Manage <input type="radio"/> Monitor
	<input type="radio"/> Immediate <input type="radio"/> Possible <input type="radio"/> Unlikely	<input type="radio"/> Control <input type="radio"/> Manage <input type="radio"/> Monitor
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	<input type="radio"/> Immediate <input type="radio"/> Possible <input type="radio"/> Unlikely	<input type="radio"/> Control <input type="radio"/> Manage <input type="radio"/> Monitor

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Now Decisions & Action Steps:

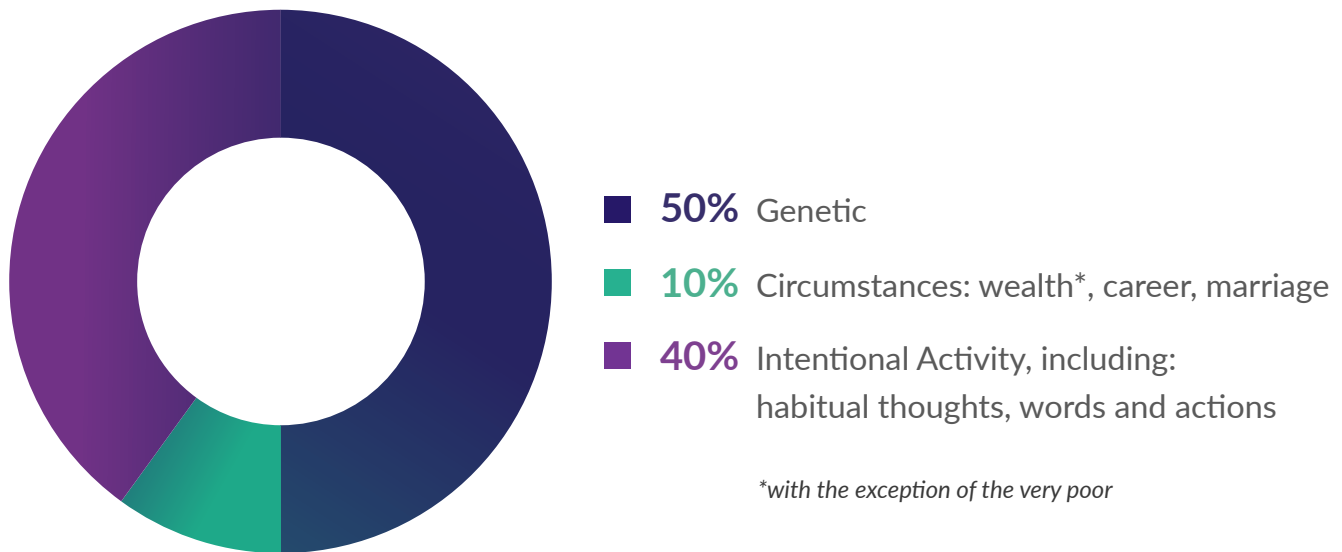
Soon Decisions & Action Steps:

Later Decisions & Action Steps:

Happiness Set Point

Transitions take time, measured more in years than months. And when the stress is high and emotions are dramatic, it's good to remember the Happiness Set Point, made famous by Dr. Sonja Lyubomirsky, a professor of Psychology at the University of California, Riverside, who studies happiness for a living. She found that genetics are 50% responsible for the level of happiness you are likely to experience; your life circumstances are responsible for 10%; and intentional activity is responsible for the rest.

While things are working themselves out, you might be tempted to think of the things that are out of your control, but remember that there's a lot you *can* control.



Is there an intentional activity or habit you would like to consider committing to?

Gratitude

As you feel more calm and settled you may notice your circumstances appear more manageable. Take a few more minutes to appreciate what's working well and what you are grateful for. This works best if you make a gratitude list.

What's working well?

Now I am grateful for...

In the future I am grateful for...

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There are things we can control and things we cannot. Consider this short list of things we can control. Is there anything you want to pay more attention to and take intentional actions to change?

- Health
- Some spending
- Core beliefs
- How you interact with others
- How you worry
- Free time
- Who you spend our time

BEHAVIOR TO BE MODIFIED	ACTIONS REQUIRED	ANTICIPATED RESULTS

HABITS		