



How to **Amplify Certainty** in a sea of Uncertainty



[CAROLINEWEBB.CO/LIVE](https://carolinewebb.co/live)

How to Have a Good Day...
in Uncertain Times

BY CAROLINE WEBB

Amplify your certainties

Setting aside the unknowns for a moment...

- **I KNOW:** What are the things I **know for sure or recognize** to be true?
Timings, processes, facts, constraints, priorities...
- **I AM:** Who **am** I and what does that give me to **draw on**?
Strengths, experience, values, identity, relationships...
- **I CHOOSE:** What can I **control, decide or choose** in all this?
Attitude, learning, 'no regrets' moves, routines, boundaries...



**Find the recording
and materials at:**

carolinewebb.co/live/episode-2

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   CarolineWebbAuthor

