



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

CAROLINE  
WEBB

How to have a  
**good  
day**

[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...

- What are the things I **know** for sure?  
Timings, processes, facts, constraints, priorities...
- Who **am** I?  
Strengths, experience, values, identity, relationships...
- What do I **control**?  
Attitude, approach, rituals, routines, boundaries...



**Find the recording  
and materials at:**

[carolinewebb.co/live/episode-2](https://carolinewebb.co/live/episode-2)

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