

FILL YOUR CERTAINTY BUCKET



Our brains crave certainty. Sometimes, it feels like there is too much uncertainty in our life and our brain gets exhausted trying to make sense of it all. Think of a scale you are trying to balance with a certainty bucket on one side and an uncertainty bucket on the other side. When your uncertainty bucket feels too full, focus on adding to your certainty bucket.

What I can add to my certainty bucket:

What is in my uncertainty bucket:

* Read an old favourite book



* Plan your meals in advance

* Walk a familiar path



* Re-watch a movie

