

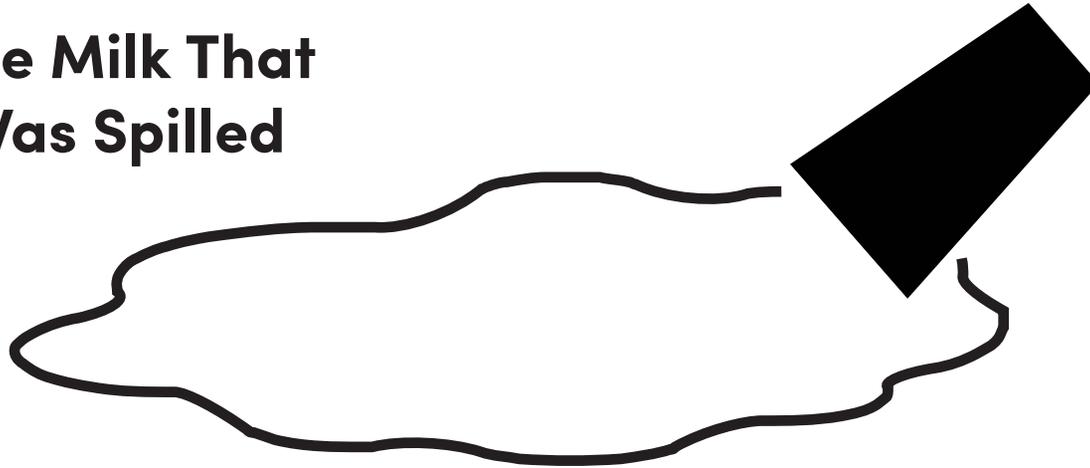


Don't Cry Over Spilled Milk

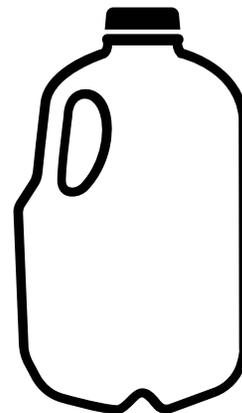
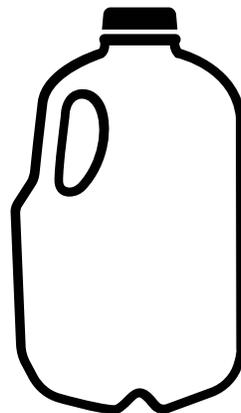
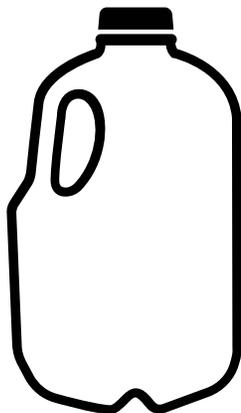
To worry about something that has already happened and can not be changed.



The Milk That Was Spilled



**Positive Things to Focus on Now
(The Milk In The Jug!)**



EXAMPLE: UN-FUNNY MONEY

Brad went to the store last month to buy some cookies. He accidentally dropped and lost \$20.



Brad is upset with himself he lost the money, and he is also upset no one turned the money in.



Brad complains about losing the money every day. But there is nothing he can do to change it. He is crying over spilled milk.



Brad finally decides to let it go. He starts to focus on positive things.



Brad feels much better when he spends more time thinking about things he can change, rather than things in the past he can not change.





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