



THINK OF A WORRY, YOU WISH YOU COULD LEAVE BEHIND:

Close your eyes and meditate on this worry for five minutes, breathing in and out slowly and deeply

When you open your eyes, let the worry go.

Thought fill your mind when you are anxious about the future? List them here:

1.

2.

3.

Close your eyes and take five deep breaths. What things make you feel excited about the future?

1.

2.

3.

