



WHAT THOUGHTS FILL YOUR MIND  
WHEN YOU FEEL ANXIOUS  
ABOUT THE FUTURE?

LIST THEM HERE:

- 1.
- 2.
- 3.

CLOSE YOUR EYES AND TAKE FIVE  
DEEP BREATHS.

WHAT THOUGHTS MAKE YOU FEEL EXCITED  
ABOUT THE FUTURE?

- 1.
- 2.
- 3.

