



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.

