

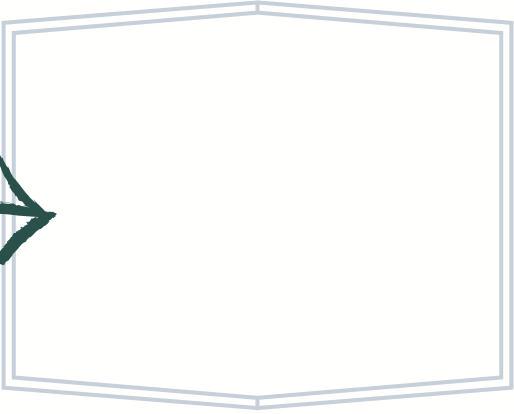


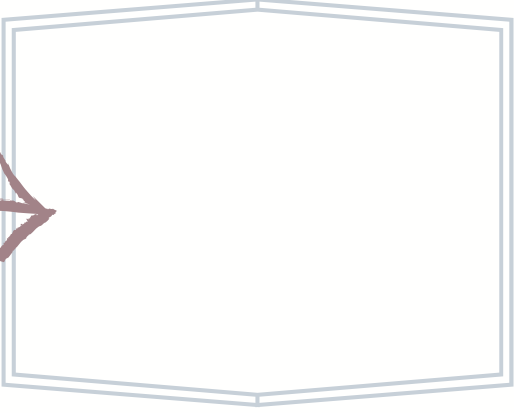





ANXIETY VS. TRUTH

Worksheet

3 minute
SELF-ESTEEM
JOURNAL

Something I did well today:

Today I had fun when:

I felt proud when:

