



## My Health Tracker

I feel...	Anxiety triggers
when I experience Anxiety	
Overwhelmed <input type="checkbox"/>	
A lack of confidence/Self esteem <input type="checkbox"/>	
Emotionally exhausted <input type="checkbox"/>	
Reactive/Impulsive <input type="checkbox"/>	
Anxious <input type="checkbox"/>	
Stressed <input type="checkbox"/>	
Angry <input type="checkbox"/>	
Fearful <input type="checkbox"/>	
Unhappy <input type="checkbox"/>	
Avoidant <input type="checkbox"/>	
Withdrawn <input type="checkbox"/>	
Apathetic <input type="checkbox"/>	

I wish to feel	How would this improve my life
Confident <input type="checkbox"/>	
Energetic <input type="checkbox"/>	
Calm <input type="checkbox"/>	
In control <input type="checkbox"/>	
Social <input type="checkbox"/>	
Motivated <input type="checkbox"/>	
Focused <input type="checkbox"/>	
Empowered <input type="checkbox"/>	
Happier <input type="checkbox"/>	
Motivated <input type="checkbox"/>	
Resilient <input type="checkbox"/>	
Empowered to manage anxiety better <input type="checkbox"/>	

**Did you tick many of these boxes?**

If so, empower yourself by joining our short yet powerful online course

**“Breaking The Chains of Anxiety With Mindfulness”** to learn more and say **YES** to a happier life. You deserve it.

