ACTION LIST

ANXIETY OFTEN HOLDS US BACK FROM ACHIEVING AND DOING THINGS WE WANT TO DO.
AS YOU BECOME EMPOWERED TO MANAGE ANXIETY YOU WILL BE ABLE TO LIVE A MORE FULFILLING LIFE.
LIST ALL OF THE THINGS YOU WILL DO AS YOU BECOME MORE CONFIDENT IN MANAGING ANXIETY. REMEMBER TOO THAT ACTION PRECEEDS MOTIVATION. DON'T WAIT TO FEEL CONFIDENT AND MOTIVATED. LIVE THE LIFE YOU WANT TODAY.