

Worksheet 1c

Create a Go-To Response, An Action Plan

Remember nothing happens without change, but you gotta have a plan in place for when it comes up, which it will!

ACTION TIME!

What will you DO when your symptoms come out to play?

Example;

I know it's just my anxiety, so I'm going to accept it for now. It can't hurt me.

Be as funny, or as creative as you want.

Make it mean something for you.

Play with it, have some fun. Find your power, your authority in this, in any way you choose.

Write down your go-to-response to anxiety below.

Tip:

Write down the response which you love and resonate with the most on a small biz size card and carry it with you.