When anxiety uses less of our energy, more space becomes available to **dream**, **create** and **move toward what you truly care about**.

Is there a part of your life has been on 'pause' due to feelings of anxiety/ worry? Anything you are not doing/saying?

If anxiety didn't get the final vote, how would you choose to live your life?

Picture the most grounded, fulfilled version of yourself. What does this person believe about themselves? About life? How does this person live their day-to-day?

If your future self could talk to you from one year ahead (and everything turned out just fine), what would they tell you to focus on?

What is a small action you can do today that would help you move towards that version of yourself?