

JOURNAL PROMPTS

Living with Anxiety

For making your life bigger than your worries.

What would I do this week if my what-ifs didn't get a say?



What do I want today to hold, and what's one thing I can choose for it?



What everyday yes have I been skipping, and when can I say it this week?



What else can today hold besides what I'm worried about?



Where has my world gotten smaller, and where do I want to widen it?



What does the life I actually want look like, and what's taking up its space?



If today were about what I want instead of what I fear, what would I do first?



What would a day I'd be proud of look like, and what's one piece I can choose today?



Where have I been holding back from my own life, and how can I show up for it?



What's one nervous first step toward something I really want?



Living with Anxiety

CUT ALONG THE DASHED LINES

NO. 1



*What would I do this week if my
what-ifs didn't get a say?*

NO. 2



*What do I want today to hold, and
what's one thing I can choose for
it?*

NO. 3



*What everyday yes have I been
skipping, and when can I say it
this week?*

NO. 4



*What else can today hold besides
what I'm worried about?*

NO. 5



*Where has my world gotten
smaller, and where do I want to
widen it?*

NO. 6



*What does the life I actually want
look like, and what's taking up its
space?*

NO. 7



*If today were about what I want
instead of what I fear, what would
I do first?*

NO. 8



*What would a day I'd be proud of
look like, and what's one piece I
can choose today?*

NO. 9



*Where have I been holding back
from my own life, and how can I
show up for it?*

NO. 10



*What's one nervous first step
toward something I really want?*

