

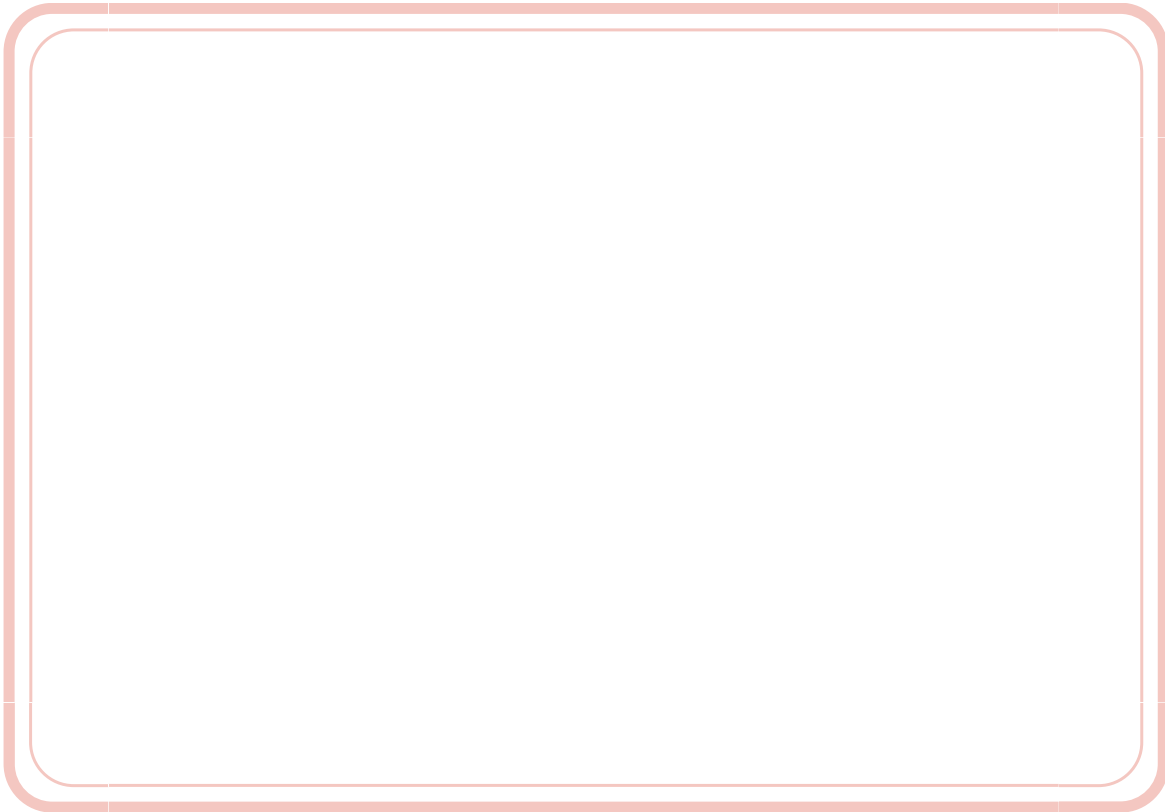


OVERCOMING ANXIETY



INTRODUCTION Workbook

I believe that when we're the healthiest version of ourselves, we can also have the greatest impact for the Kingdom of God. Take a moment to list out the things that you prioritize in your life to help you feel like the healthiest version of you:



What's one thing you want to commit to making time for this week that will help you be the healthiest version of you? List it here:



As a Christian, what have you been taught about anxiety? How have you been told to manage or lessen it? Take a moment to journal out what messages you have received about anxiety throughout your life:



What have you tried in the past to help decrease your anxiety?

Things I've tried that have helped:



Things I've tried (or that others have told me to try) that have NOT helped:



How could viewing anxiety as a biological problem (and not just an emotional one) change your relationship to anxiety and your approach to how to treat it?



If you were to invest in this course, what are you hoping to get out of it? What changes do you most want to see in your life?



READY TO TAKE THAT NEXT STEP
AND INVEST IN YOUR HEALING
FROM ANXIETY?

I'D LOVE TO HELP!

YOU CAN SIGN UP FOR THE
WAITLIST FOR THE COURSE HERE



**ADD ME TO
THE LIST!**

