CHOOSING A TARGET FEAR FOR MY CHILD'S FIRST MISSION PLAN

This worksheet is for you and your child to complete together during Step 1 of their Week 4 content. With your child, consider the fears and worries that could be targets for their first mission plan. Then, pick the one that you would like to start with and write about it below. As you decide which fear to target first, keep the following points in mind:

- Is the fear actually rooted in anxiety?
- How concrete is this fear? Can I make clear and straightforward steps for this mission plan?
- Are you motivated to overcome this fear?