



Planning for the Future

Even if you feel like you can be brave in any situation, it's still good to plan how you will deal with anxiety in the future. With your parent's help, answer the questions below to make a plan for continuing to make progress in the future!

1. What are some fears and worries that you want to keep working on? Are there any goals that you have not had time to work on but still want to do?

2. Is anything going to happen soon that might make you anxious?

3. How will you tackle these goals? Do you need to make a mission plan? If so, look back at Module 4 to make a new mission plan!

