



# Planning for the Future

**Think about anxiety-related obstacles that your child might face in the future, then answer the questions below.**

1. What are some fears and worries that my child and I want to keep working on, or maybe did not get to work on during the program? Are there any upcoming events, or fears that came up recently, that we would like to work on?

2. How will we tackle these goals? Make a list of specific, measurable, and achievable steps to accomplish. Then, develop a timeline.

3. What skills will my child need in the next few years? What possible anxieties will my child face?

