



Planning for the Future

It's important to plan how you will deal with anxiety in the future so that you can continue to make progress. After discussing with your parent, think about anxiety-related obstacles that you might face in the future and answer the questions on this worksheet to make a plan for how you will deal with your anxiety!

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!

