

Reflecting on My Progress

Take some time to think back on where you started and how far you have come by answering the questions below. Talk with your parent so they can help you reflect on your progress as well. Then celebrate how awesome you are!



Look back at the Fears and Worries Checklist you created at the beginning of the program. What were they?

How have those fears and worries changed for you?

What have you been able to do during the program that you are really proud of?

Good
JOB!!

What are you able to do now that you could not do at the beginning of the program?

What skills did you learn that you can use to manage your anxiety?