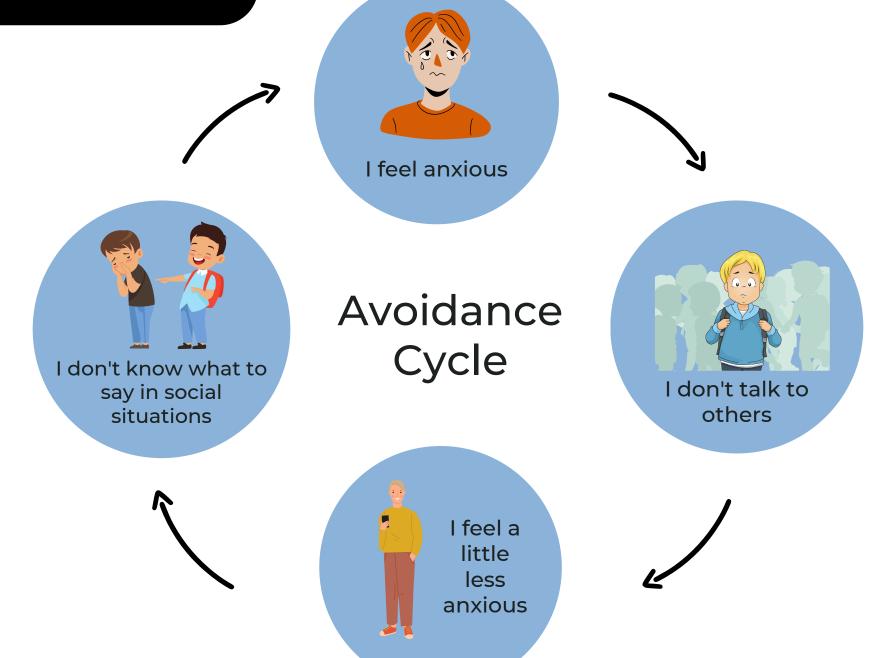
Example #1





















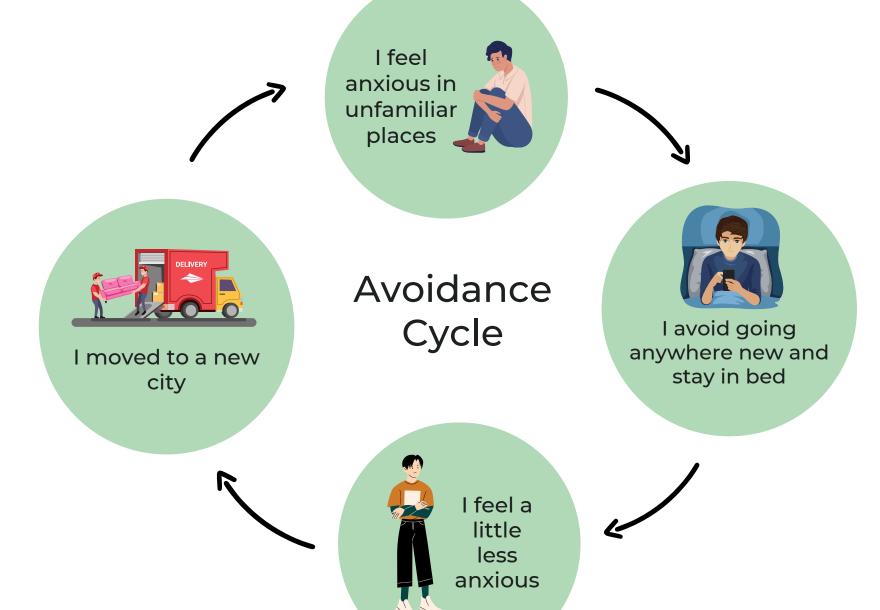








Example #2















I decide to go to a coffee shop I've never been to



I get super nervous before leaving my house



H X A M N I A # Z









Even though I felt nervous, I had a good time

Breaking the Cycle



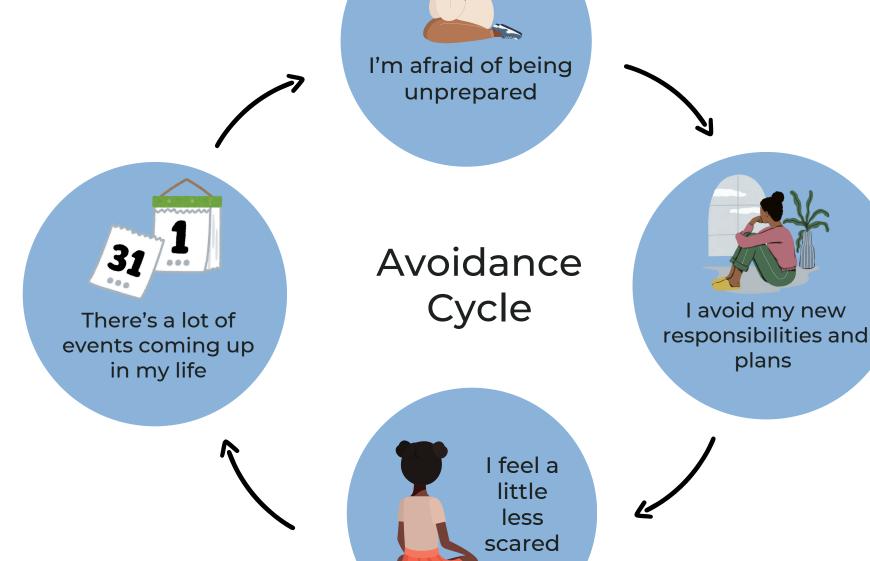
I get super nervous before leaving my house



I decide to go to a coffee shop I've never been to

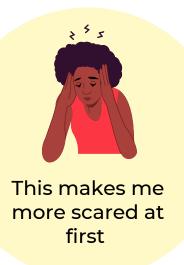


Example #3



















I'm learning that I can do things even if I don't feel 100% ready





I follow through on my plans even if I don't feel 100% prepared





This makes me more scared at first

