

Planning for the Future!

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

- What fears/worries do you want to keep working on? Are there any goals that you didn't have time to focus on in LUNA?

- What things are important to you in life and what things would you like to experience in the future. Would you need to work on any fears/worries to do these things?

- Life changes quickly when you are a teen! Is there anything that makes you anxious about entering new stages of life?

- Do you have any anxieties or fears that might cause you problems in the future?