

# Reflecting on My Progress

Think back on how things were when you started LUNA and how things are now using the worksheet below. It may also be helpful to talk to your parents so they can help you reflect on your progress.

**Look back at the Fears and Worries Checklist you created in Module 1. What fears/worries did you list? How do you feel about those fears/worries now?**

**Look back on your goals. Have you made progress on your goals or achieved them? How have these achievements made things better for you?**

**Write about something you accomplished during LUNA that you are really proud of?**

**What are you able to do now that you weren't able to do at the beginning of the program?**

**What skills have you learned that you can use to manage your anxiety? Have they helped you?**