

My Best Possible Future Self....

Anxiety often tells us that we don't have the power to live our lives the way we want to. Often we think we might want to do something, or make a certain decision, and then the "What if's"... or the "I can't's" start to come into our heads. The truth is that most people can create their best possible selves and work towards their hopes. Imagine yourself after everything has gone well and you are living as your best possible self. You've worked hard and succeeded in accomplishing all your goals so write about how you did so and what the rewards of that are.

Take at least 20 minutes a couple times over the next week to *write* about **YOUR** best possible future self.

PRIDE STORY (adapted from AB human resources and employment)

Anxiety can sometimes eat away at our confidence and cause us to second guess ourselves. In order to feel happier in life, it's very helpful if you are able to take time to build your confidence. Take a moment to consider an experience you've had that you feel quite proud of. Now, describe that experience in as much detail as you can. Tell your story starting at the very beginning and explain, step by step what you did and how you felt at each step along the way. Share how you were able to overcome obstacles and comment on the results you created. Try writing at least 1-3 pages describing your story. At the end, try summarizing it by finishing this sentence "I am proud of this experience because....."