

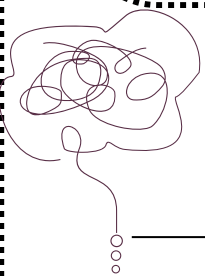
Name: \_\_\_\_\_

Date: \_\_\_\_\_

# GROUNDING & AWARENESS

## Instructions

- Find a quiet space.
- Take 10–15 minutes for each prompt.
- Write freely—no need for perfect grammar or spelling.
- Use this worksheet daily or whenever anxiety feels heavy.



1. What does my anxiety feel like in my body right now?

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2. What thoughts are looping in my mind today?

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3. What is one small thing I can control right now?

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

# REFLECTION & COMPASSION

## Instructions

- Find a quiet space.
- Take 10–15 minutes for each prompt.
- Write freely—no need for perfect grammar or spelling.
- Use this worksheet daily or whenever anxiety feels heavy.

**1. What's a safe space I can imagine when I feel overwhelmed?**

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**2. What are three things I'm grateful for today?**

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**3. What is one fear I want to challenge this week?**

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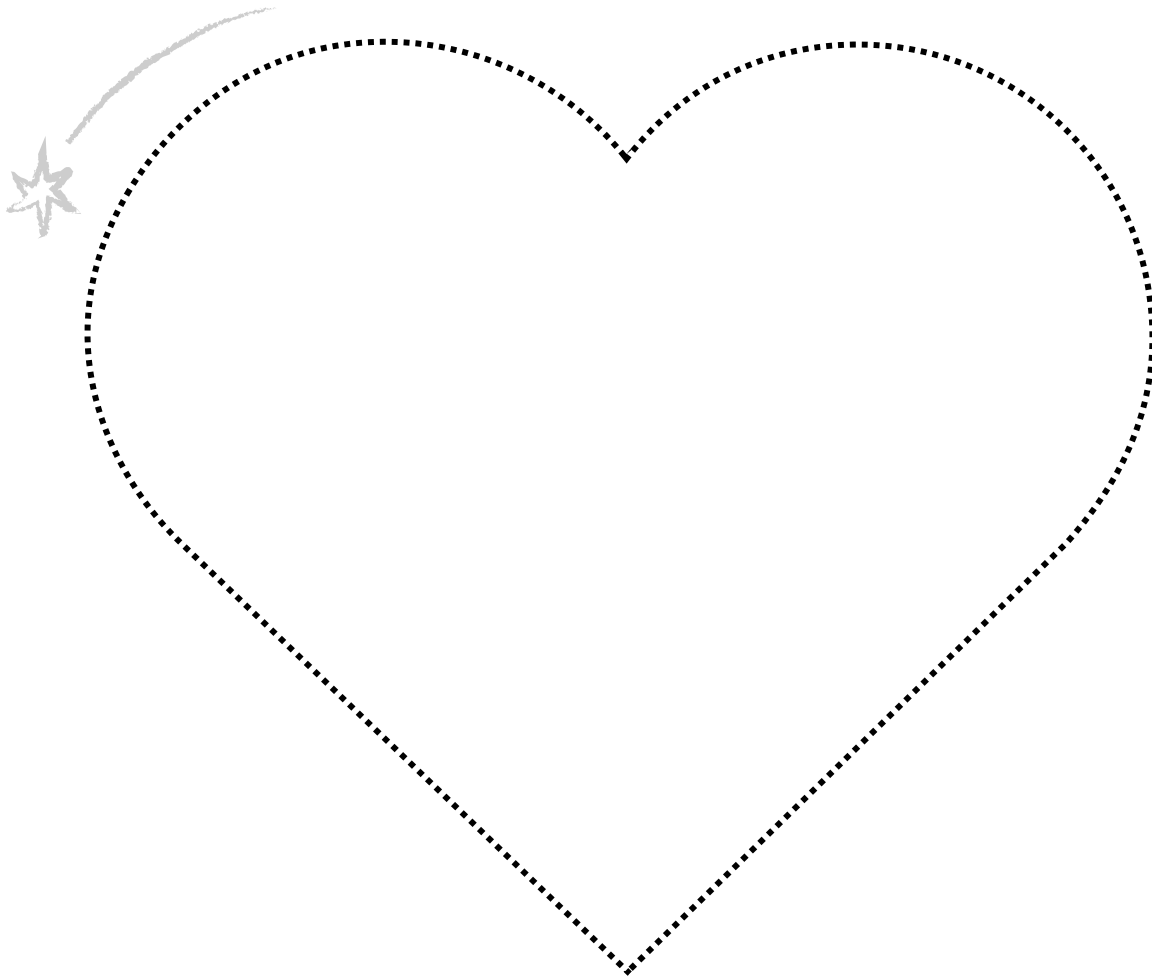


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# DAILY REFLECTION!

Fill the heart based on how fulfil you feel today.  
Then, explain why is that.



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