
Family/Friends Health World Events School/Job/ Spiritual/God/Future **Responsibilities My Identity Finances/Provision Bad Things** C 2018 by Alyssa Cathers and Beth Snider www.AnxiousAbby.com Facebook.com/anxiousabby

Directions: Do you have any worries, concerns, or negative thinking in the following areas? Write them down inside the thought bubbles. Then go back and star your three heaviest burdens.