

The Moment Of Truth Workbook

Wabi-Sabi Therapy

The 4 Steps For Breaking Through Anxiety

Based upon what we've explored throughout the course until now, answer the questions in each step below:

STEP 1: Select one area in your life that you'd really like to feel less anxious about and describe what this life area is currently like for you? (the goods, the bad's, the positives and the negatives)

STEP 2: Describe how the quality of your thinking, your behaviors, habits or beliefs have impacted the way you feel about this specific life area?

The 4 Steps For Breaking Through Anxiety

STEP 3: State exactly what you DO WANT to achieve in this specific life area?

STEP 4: What's the very first step that you must take TODAY to start getting closer towards what you DO WANT in this specific life area?