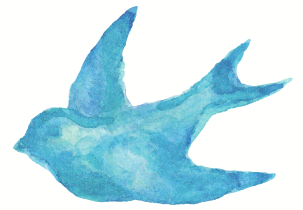


BE FREE Anxiety Matrix CHECK-IN



DATE: _____

ON A SCALE OF 1 - 10, NOTE HOW SATISFIED YOU FEEL WITH EACH AREA OF YOUR LIFE. THEN WRITE DOWN WHAT YOU FEEL YOU MIGHT WANT TO IMPROVE ON IN THIS AREA. **ASK YOURSELF... "HOW HAPPY AM I WITH...?"**

POSITIVE MIND, POSITIVE MINDS

1 2 3 4 5 6 7 8 9 10

WHAT I WANT TO IMPROVE?

PROTECTING YOURSELF FROM NEGATIVITY

1 2 3 4 5 6 7 8 9 10

WHAT I WANT TO IMPROVE?

SAYING NO

1 2 3 4 5 6 7 8 9 10

WHAT I WANT TO IMPROVE?

FEEDING FREEDOM

1 2 3 4 5 6 7 8 9 10

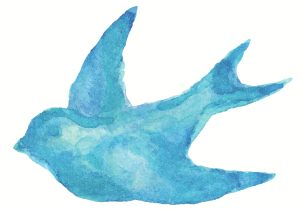
WHAT I WANT TO IMPROVE?

THE GREAT OUTDOORS: GROUNDING

1 2 3 4 5 6 7 8 9 10

WHAT I WANT TO IMPROVE?

BE FREE *Anxiety Matrix* CHECK-IN



DATE: _____

ON A SCALE OF 1 - 10, NOTE HOW SATISFIED YOU FEEL WITH EACH AREA OF YOUR LIFE. THEN WRITE DOWN WHAT YOU FEEL YOU MIGHT WANT TO IMPROVE ON IN THIS AREA. ASK YOURSELF... "HOW HAPPY AM I WITH...?"

BREATHE: BECAUSE YOU NEED TO

1 2 3 4 5 6 7 8 9 10

WHAT I WANT TO IMPROVE? _____

MEDITATION & MINDFULNESS

1 2 3 4 5 6 7 8 9 10

WHAT I WANT TO IMPROVE? _____

MOVE, STRETCH & PLAY

1 2 3 4 5 6 7 8 9 10

WHAT I WANT TO IMPROVE? _____

FLYING SOLO: SELF CARE

1 2 3 4 5 6 7 8 9 10

WHAT I WANT TO IMPROVE? _____

DARE TO BE DIFFERENT

1 2 3 4 5 6 7 8 9 10

WHAT I WANT TO IMPROVE? _____



You got this! Be Free Beautiful!