

UNTANGLING ANXIETY IN 29 DAYS

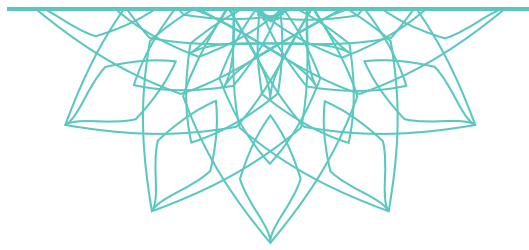
To start working on your anxiety,
you don't need to go to therapy

**THE GUIDED SELF-HELP BOOK
TO CURB YOUR ANXIETY**



Key

IDEAS



KEY IDEAS

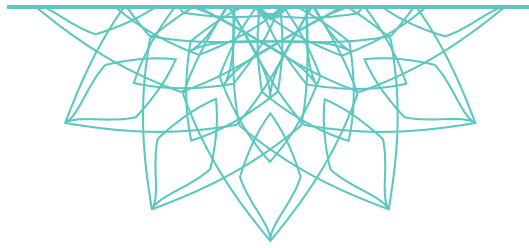
Along the book, you have discovered a lot of key ideas that have touch you deep.

All of them will have a direct impact in your emotional, mental and physical wellbeing.

So, I have summarized the most important ones in this colorful post-its, so you can have them all together in one look.

If by any chance, you get fully moved by any quote or line that it is not here, I fully encourage you to take a post-it and write it down.

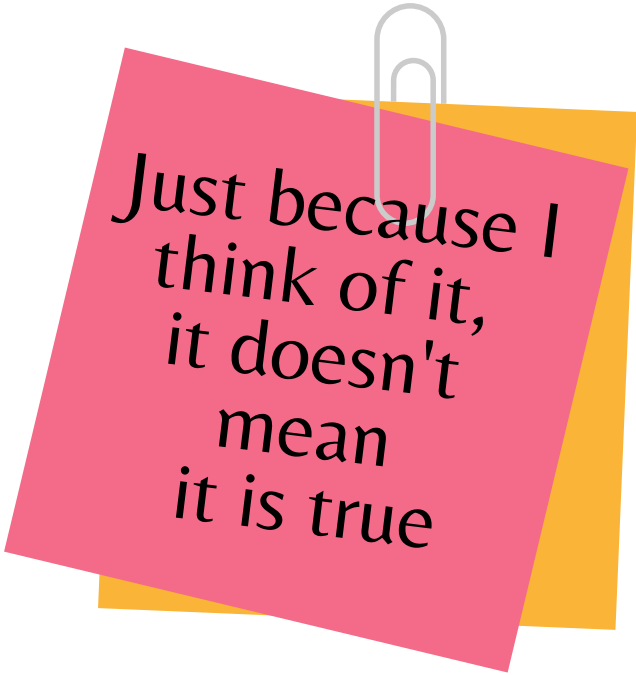
Place it close to you, so you will memorize it easily, I am sure it will help you integrate a very important concept related to your inner growth.



KEY IDEAS



I'm not
my
anxiety



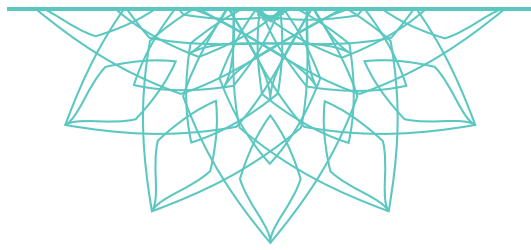
Just because I
think of it,
it doesn't
mean
it is true



I want to
self-reward
every small
win



I'm not
my
thoughts



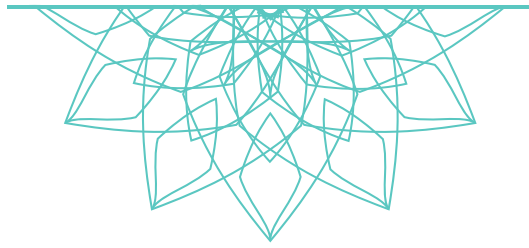
KEY IDEAS

And what if
all turns
right?

Everything I
want is on the
other side of
fear

My
happiness
relies on the
quality of my
thoughts

I want to
live my
present




KEY IDEAS




I define
who I am



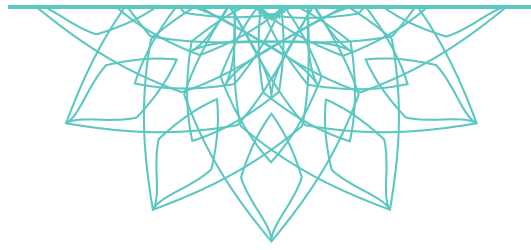
Others'
expectations
or approval
don't define
me



I'm not my
feelings



Healthy
boundaries
are KEY
for my
wellbeing



KEY IDEAS

I'm who I'm,
with my
strengths
and
weaknesses

I am in
competition with
NO ONE, so
there is no need
to compare

I embrace
my
uniqueness

Now I know how
to control my
anxious fears,
they don't
control me