CODY DEANER
PROFESSIONAL SPEAKER

OVERCOMING FEAR

1. What are you afraid of ? And, why ?

2. What makes you anxious about today ?

3. What preparation can you do today to *decrease* your anxiety and/or fear ?

4. Who can you reach out to in order to help you overcome your fear? (i.e. a trusted family member, friend, counsellor, or teacher)

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