

# Anxiety

## PROMPTS

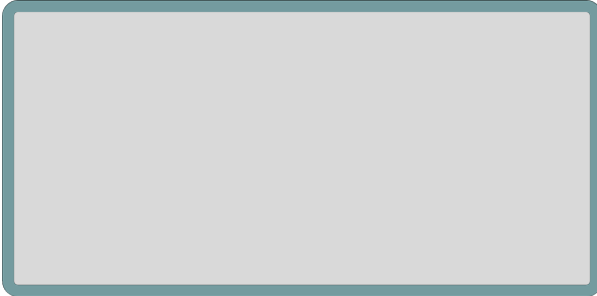
What is worrying me right now? How long have I been worried about this?

How do these worries impact the quality of my daily life?

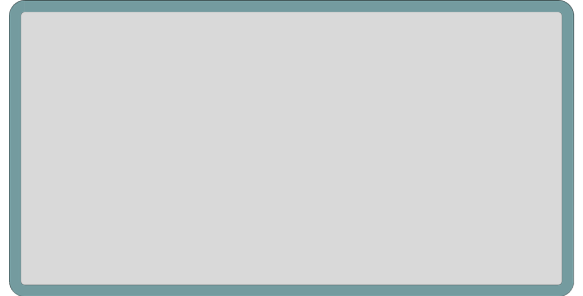
What 3 positive things have happened to me lately?

# Happiness **AUDIT**

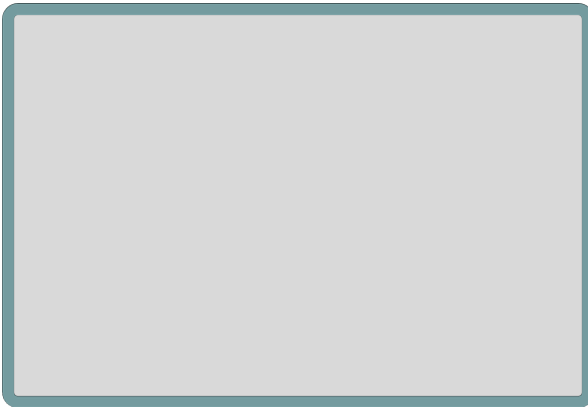
**Top 3 Successes this month**



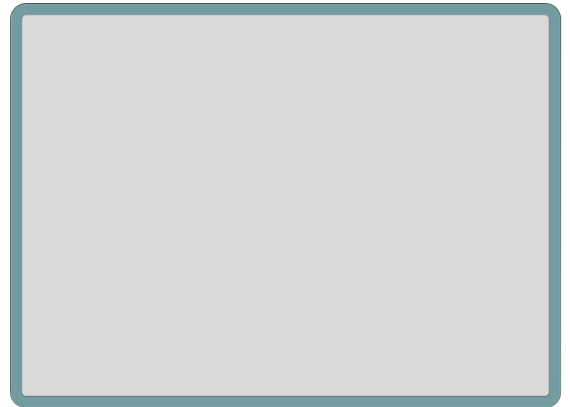
**What made me laugh/smile**



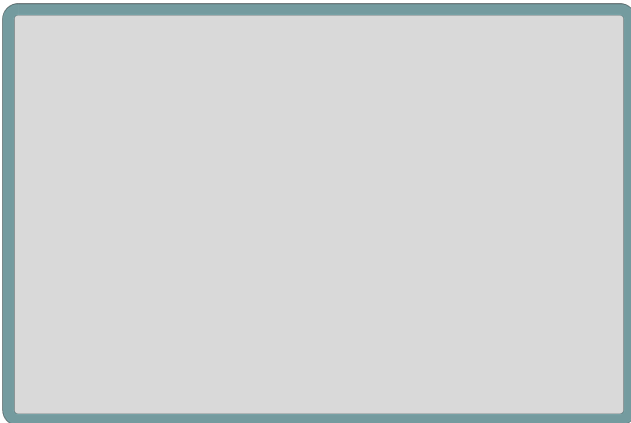
**What I learned this month**



**My favourite moment**



**My anxiety this month**



**What I want to do better**

