

# Goodbye Anxious

## PARENTING WITH ANXIETY

### Journal Prompts

● 1

WHEN DO YOU  
FEEL MOST  
ANXIOUS?

● 2

WHAT MAKES  
ANXIETY  
WORSE?

● 3

WHAT MAKES  
ANXIETY  
BETTER?

● 4

THINK OF 5  
THINGS YOU  
ARE THANKFUL  
FOR!

● 5

WHAT IS YOUR  
ROUTINE ON  
ANXIETY-FREE  
DAYS?

● 6

WHAT MAKES  
YOU  
OVERWHELMED?

● 7

WHAT BRINGS  
YOU THE MOST  
JOY?

● 8

WHAT ARE  
YOU GREAT AT  
AS A PARENT?

● 9

WHAT DO YOU  
NEED TO  
WORK ON?