

I Have Faith  
That Everything  
Will Work Out

My anxiety does  
not define me

I am fine just  
the way I am

I am courageous  
and can make it  
through.

I'm not afraid  
about what could  
go wrong. I am  
excited about  
what could go  
right

Everything is  
going to be  
okay

I am doing  
the best I can

I Am  
Stronger  
Than My  
Struggles

I Believe in  
Myself And My  
Abilities

I Have  
Survived  
This Before  
And  
I Will Do It  
Again