



Breaking Free from the Past

Overcoming old habits, fears, stress, anxiety and negative thoughts.

Instructions:

- Reflect on the questions below to identify patterns and release what no longer serves you.
- Journal freely, then define one actionable step for change.

1. What "truths" am I clinging to that are actually just old habits or fears?

2. What are my most common triggers for stress and anxiety?

3. How do I typically react when I'm uncomfortable?

4. What is my greatest weakness, and how does it ripple through my professional and personal life?

5. What sparks my negative thoughts, and what is my go-to strategy for managing them?
