

ANXIETY FREE



**LIVING IN HARMONY SHOULDN'T FEEL STRANGE
SO I MADE A POWERFUL CHANGE
TO RELEASE MY ANXIETY
IT'S NO LONGER CONTROLLING ME**

[CHORUS]

**I AM CALM AND IN CONTROL
I AM ANXIETY FREE
IF THAT FEELING COMES AROUND I WILL QUICKLY SHUT IT DOWN
I FEEL PEACE AND I TRUST MYSELF
I AM BREATHIN' EASILY
CAUSE I AM ANXIETY FREE**

**I AM IN CONTROL OF THE WAY I FEEL
IS IT A THOUGHT OR IS IT REAL
OPTIMISM IS THE WAY TO BE
LIVING CONFIDENT AND CAREFREE**

[REPEAT CHORUS]

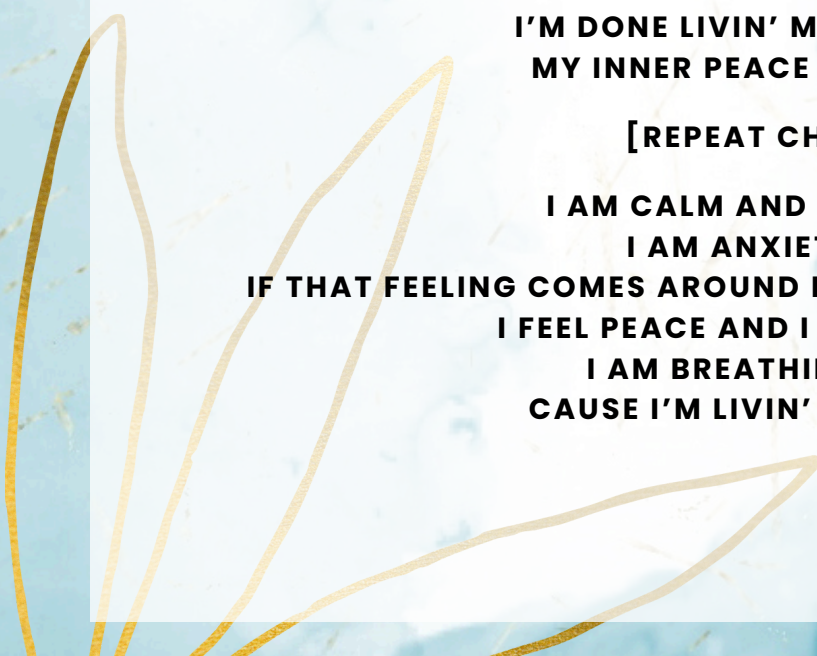
**I WILL HANDLE WHAT COMES MY WAY
KNOWING THAT I CONTROL MY DAY
I'M LIVING IN THE HERE AND NOW
I WILL ACCEPT WHAT I CANNOT CHANGE**

[REPEAT CHORUS]

**MY JOY AND PATIENCE IS MUCH STRONGER
FOCUSED ON CYNICAL THOUGHTS NO LONGER
I'M DONE LIVIN' MY LIFE IN FEAR
MY INNER PEACE IS NOW HERE**

[REPEAT CHORUS]

**I AM CALM AND IN CONTROL
I AM ANXIETY FREE
IF THAT FEELING COMES AROUND I WILL QUICKLY SHUT IT DOWN
I FEEL PEACE AND I TRUST MYSELF
I AM BREATHIN' EASILY
CAUSE I'M LIVIN' IN HARMONY**





MINDFUL MOMENTS

MY JOURNAL



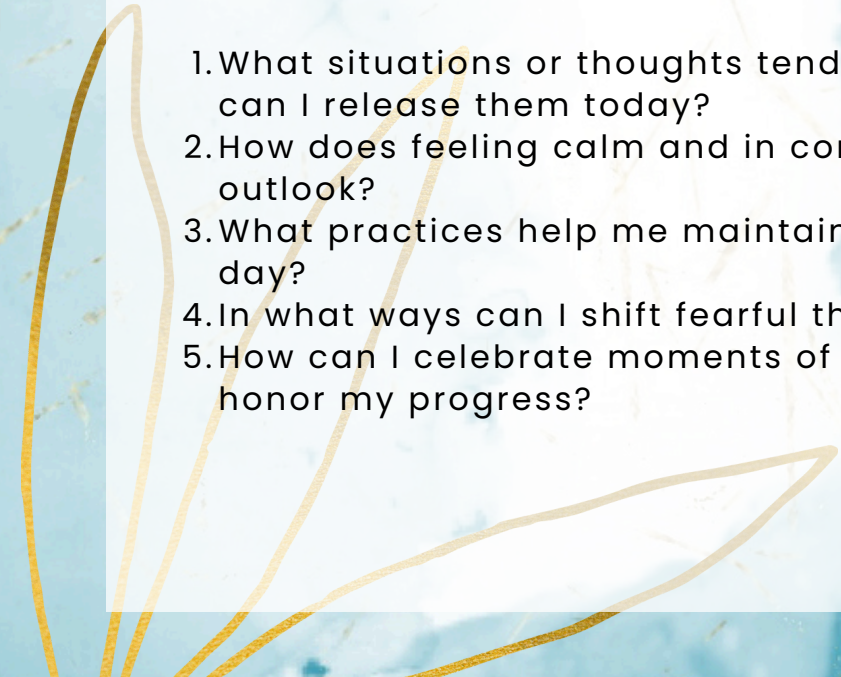
Why Journaling Helps You Heal & Shift Your Mindset


Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.

Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

Journal Prompts for Anxiety Free

1. What situations or thoughts tend to trigger my anxiety, and how can I release them today?
 2. How does feeling calm and in control change my energy and outlook?
 3. What practices help me maintain inner peace throughout the day?
 4. In what ways can I shift fearful thoughts into empowering ones?
 5. How can I celebrate moments of freedom from anxiety and honor my progress?
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I am calm,
centered, and
in control of
my emotions.

I release
anxiety and
trust myself
completely.

I quickly let
go of any
worry or
fearful
thoughts.

Peace and
harmony flow
naturally
through my
mind and
body.

I accept what I
cannot change
and focus on
what I can.

My joy,
patience, and
inner peace
grow stronger
every day.

I breathe
easily and
allow
relaxation to
fill me.

I am anxiety
free,
empowered,
and aligned
with calm
energy.