

CouRage Challenge 3: Talk it out

This challenge is about letting it out. This will help prevent pent-up emotions and help put your worries in perspective.

Anxiety can overwhelm your mind and cause you to forget things you wanted to say. To help, prepare yourself and stress less by writing down talking points and anything you would like to ask.

My chosen fighter/s are

I need to talk about

My takeaways, tips and plan

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☐ *I did it! I CouRaged!* **Date**

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