

FEAR NOT!

Directions: On the back of this page, make a list of some of your fears. Choose one and write an acronym about it. On a separate piece of paper, draw a picture to illustrate your acronym.



“I am afraid of snakes.”

Slithering

Noiseless

Animal

Keeping

Everyone

Skittish

ANTIDOTES:

- Acceptance
- Imagine the worst
- Choose to overcome it
- Meditation

**Fear will stop my progress towards success
and peace. I choose to FEAR NOT!**

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