MANAGING YOUR FEAR AND ANXIETY DURING THIS UNCERTAIN TIME

Dorothy Tannahill-Moran
SABOTEUR TEST

3
Are your thoughts advancing and protecting your health?

4
Do your thoughts get you more of what you need and deserve?
PURSE A DAILY PRACTICE TO PUT YOUR FOCUS IN A POSITIVE SPACE

- Focus on others – be helpful
- Focus on what you can do today
- Focus on what you’re learning about yourself
- Focus on what you can control, like kindness, productivity, learning new things, helping others