

Turning Fears Into Growth Opportunities

IF YOU FEAR...



- Being left out
- Rejection
- Failure
- Change
- Loneliness
- Judgment

WHAT YOU MAY NEED...



- Connection
- Encouragement
- Success experiences
- Stability
- Support
- Acceptance

A HEALTHY WAY TO GROW...



- Build strong, supportive relationships
- Develop confidence in your own values
- Break big goals into small steps
- Practice trying new things
- Surround yourself with encouraging people
- Strengthen your voice and decision-making