



Anxiety Buster

a guided journal for overcoming stress

You can use Anxiety Buster in your book clubs, small groups, therapy sessions, with friends and family, or alone. Here are some tips on how to get started!

ANXIETY DUMP SHEET

List everything that gives you anxiety. Use the information you write to help you fill out your Anxiety Buster templates.

Relationships	Finances
Work	Health

ANXIETY DUMP SHEET

List everything that gives you anxiety.

Use the items on your list to determine where to begin writing in your journal.

Anxiety Buster: Relationships

Don't let anxiety get the best of you. Instead pray and tell God your concerns. Be thankful and ask God to help you. Philippians 4:6

NEEDS/CONCERNS	PRAYER
SCRIPTURES	GRATITUDE
POSITIVE THOUGHTS	PRAISE
POSITIVE DECLARATIONS FOR MY EXPECTED OUTCOME	

ANXIETY BUSTER TEMPLATE

Unlike regular journals, Anxiety Buster is unique because you do not have to write your entries in order. Simply pick a topic and fill in the prompts on the template.

FAVORITE SCRIPTURES

SCRIPTURE ADDRESS WHERE SCRIPTURE IS FOUND	SCRIPTURE

BONUS CONTENT

Use these resources to help you keep track of your favorite scriptures. Compile a list of victory statements. Track answered prayers. Create playlists and much more!

FREE RESOURCES

Go to

authorkimberlyransom.com

to access FREE digital and downloadable content including curriculum for your small groups, book clubs, or bible study. Access YouTube playlists and much more!



Take control of your thoughts and worries!

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4:6-7 NKJV



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