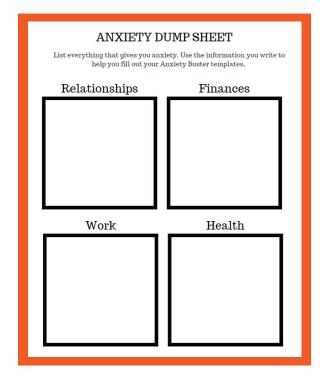


Anxiety Buster

a guided journal for overcoming stress

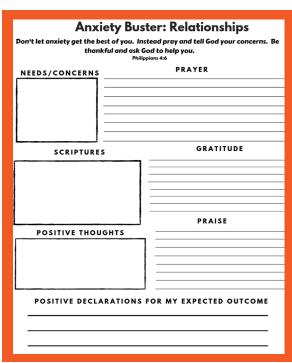
You can use Anxiety Buster in your book clubs, small groups, therapy sessions, with friends and family, or alone. Here are some tips on how to get started!



ANXIETY DUMP SHEET

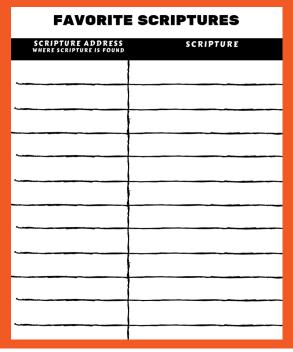
List everything that gives you anxiety.

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



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.



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!



Go to



authorkimberlyransom.com
to access FREE digital and
downloadable content
including curriculum for your
small groups, book clubs, or

playlists and much more!

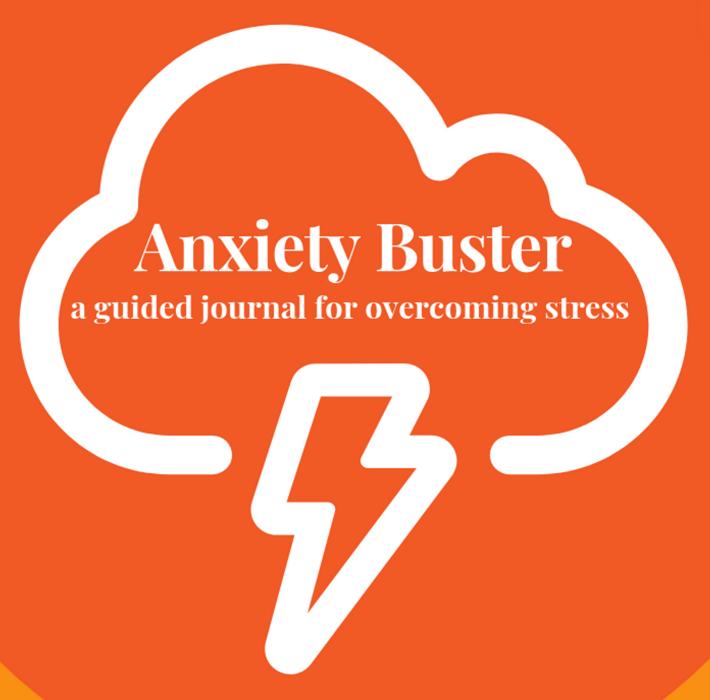
bible study. Access YouTube



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



by Kimberly Ransom