

HOW TO OVERCOME

anxiety and fear

List ALL of your fears.
Separate into 2 categories:

- 1). Things in your control
- 2). Things NOT in your control

Work on the things IN your control.
Give the rest to God.



POSITIVELY

• JANE •

ALL My Fears

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Things In My Control

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Hey there!

It's me, Jane. I am a wife, mom, sister and friend. I am a blogger who has a heart for women in all phases and stages of life. I share all kinds of things - from card making to budgets to organization and God. You can find me in my craft room, on the computer or at the lake just hanging out.

I hope this has been helpful to you!

You can find me...

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