



You Are  
An  
Anxiety  
Warrior

*"It does not matter  
how slowly you go  
so long as you do not  
stop."*

*-Confucius*

*"When we feel love and  
kindness towards others,  
Kindness not only makes  
others feel loved and  
cared for, but it helps  
us also develop inner  
happiness and peace."*

*~Dalai Lama*

*"Courage is not the  
absence of fear, but  
rather the judgment  
that something else  
is more important  
than fear."*

*~ Ambrose Redmoon*

***"Hope is being able  
to see that there is  
light despite all of  
the darkness."***

*-Desmond Tutu*

<https://goodbyeanxietyhellojoy.com>

*"Through humor, you  
can soften some of the  
worst blows that life  
delivers. And once  
you find laughter, no  
matter how painful your  
situation may be, you  
will survive."*

*unknown*