

FEARS AND SOLUTIONS

THIS IS WHAT SCARES ME

**THIS IS WHAT I'M GOING TO
DO ABOUT IT**

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How to use the template

- The *Fears and Solutions* project is designed to help you think proactively.
- The project can be done as a group or individually.
- Start by filling out the left side of poster (“This is what scares me”).
- Once your fears are on the poster, write a solution to each of them on the right side (“This is what I’m going to do about it”).
- You don’t need to have all the answers for your solutions, but think of things you can do to lessen your fears. This could be as simple as asking someone for help.