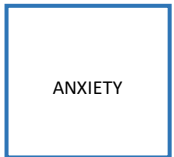
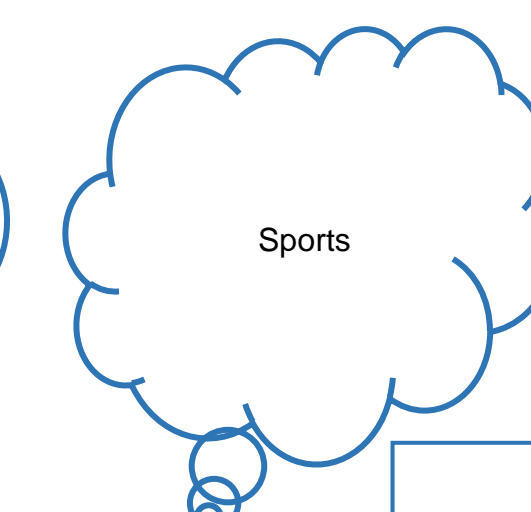
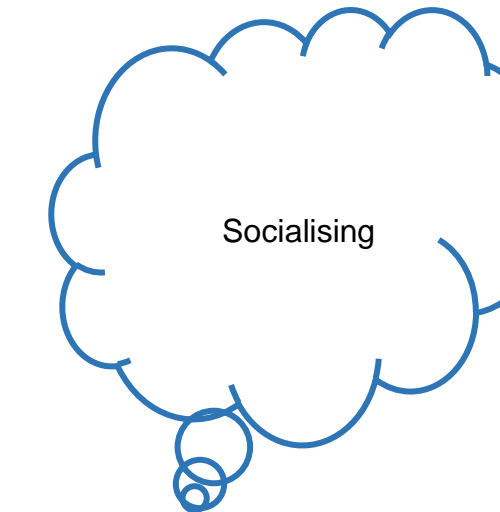
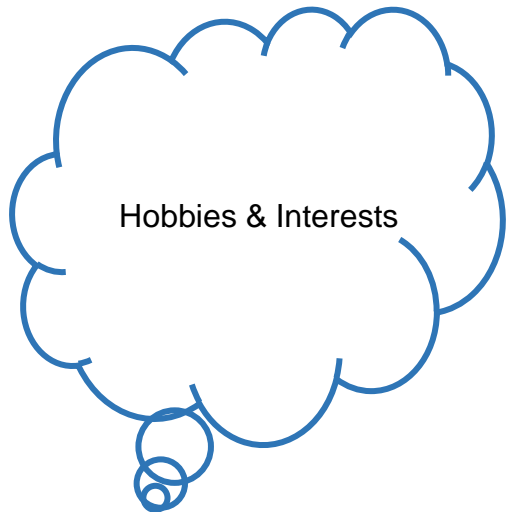
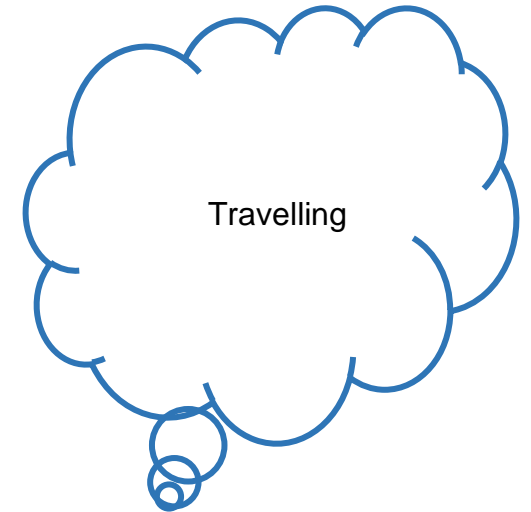
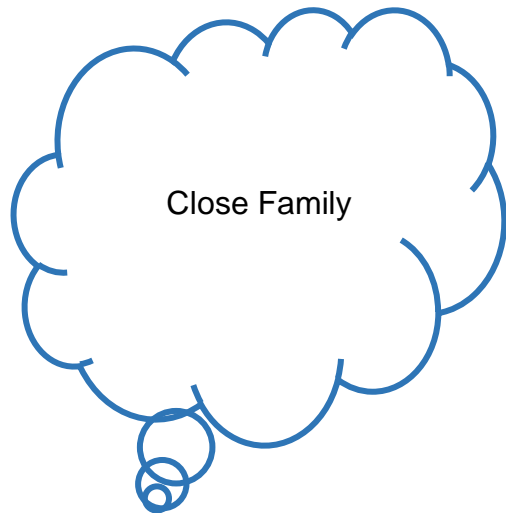
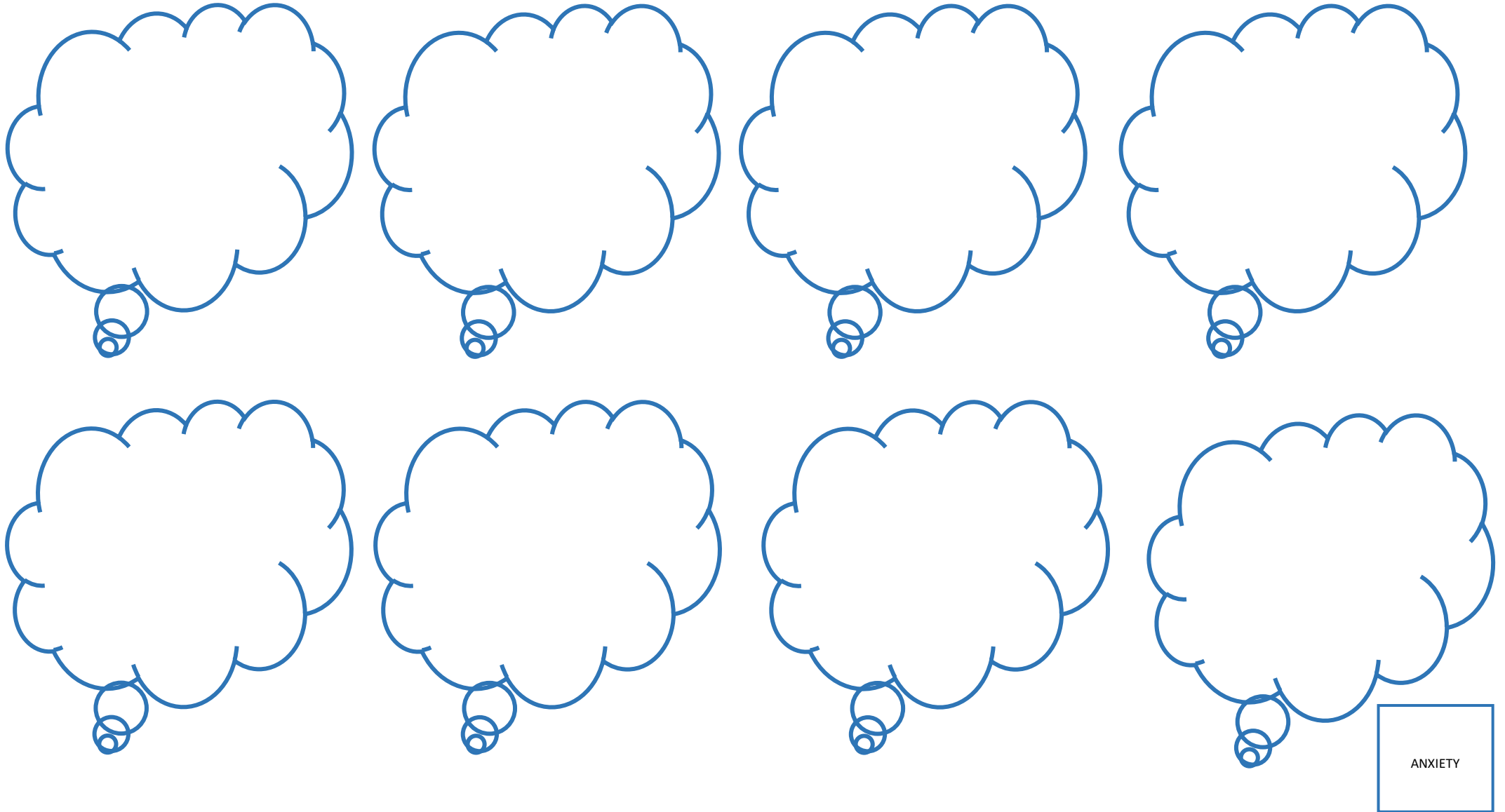


The Big Picture Exercise - the things that are really important in my life



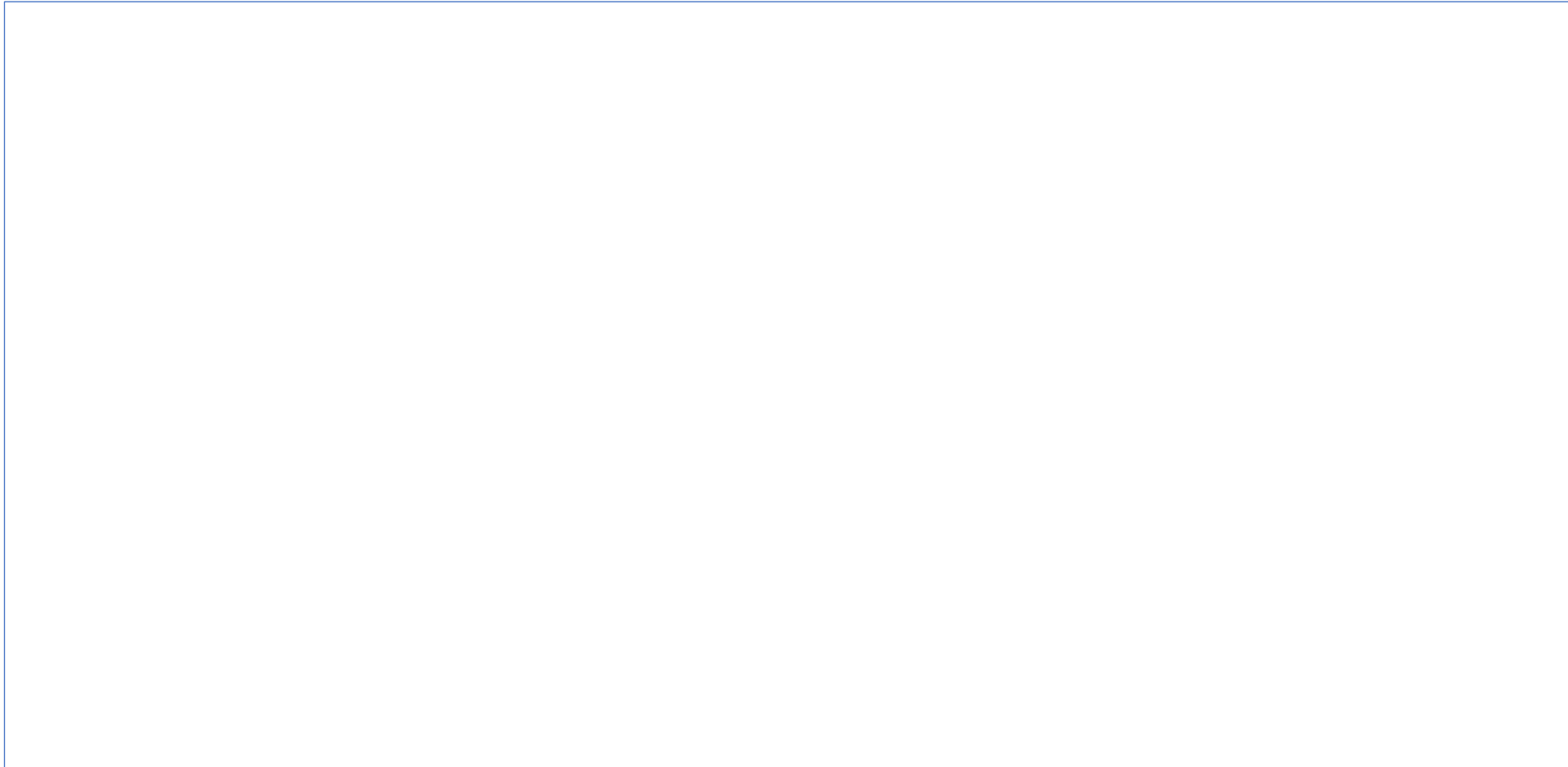
The Big Picture Exercise – the things that are really important in my life



Eight thought bubbles arranged in two rows of four. Each bubble is a cloud-like shape with a small spiral tail at the bottom left. The bubbles are intended for writing down important things in life.

ANXIETY

The Big Picture Exercise



The things
that are really
important in
my life