



Campsite Three—Look Forward to Tomorrow

You can make your personal journey more enjoyable and productive by taking time to think about, write about and act on the following ideas. Pick the ideas that are most meaningful to you and write your thoughts down. You may choose to write in your own journal or you may print off the custom Personal Journey pages and write on them.



Key Learning Points

- Notice when anxiety or fear is limiting you or causing you unhappiness. Eliminate or manage those anxieties and fears.
- Look towards the future with hope and positive anticipation.



Application Exercises

1. What are some things that you worry about that drain your resources or cause you to limit yourself?
 - Is there something you should be doing to address situations you worry about? If so, what action steps should you take? (For example, if you are burdened by worry over debt, you could meet with a financial advisor to discuss action steps to get out of debt.)
 - If there is nothing you should do to manage those situations, how can you manage your fears and anxieties? Some people use reasoning or faith to deal with anxiety. What resources can you use?
 - What are the realistic chances that the things you are worrying about will actually occur? If the likelihood is low, recognize you may be investing too much energy in worrying about those particular fears.
 - Consider reading *The Science of Fear* by Daniel Gardner. Most of our fears are exaggerated by the media.
 - You may be thinking only about worst case scenarios. Bring balance to your thought process. What would the best case scenarios be? What is the likely-case scenario?
2. Is there something you should be courageous enough to try to do or be to improve your life? How can you move forward on that project with a hopeful spirit?
3. Think of a time when you used resources in your life to create a better tomorrow for yourself.
 - What types of resources were you using at that time? What types of people did you surround yourself with? What strengths did you use?
 - How can you use those resources today to head towards a better tomorrow?
4. Hope is energizing. What in your life gives you hope for the future?



