

Made especially for you by: Amy at FoxboroArtTherapy.com

# CHOOSE LOVE, NOT FEAR

**If I chose love, I would:**

**Tools, supports, reassurance, and random treats needed to accomplish my (nearly) fearless mission:**

Make more time for my creativity.

Take an art class this Spring: Put away \$10 each week until March 1.  
Make an "art date" with a creative friend.

Find a job that I like instead of feeling tied to the current one I hate because it pays well.

Scope out options in my current field.  
Talk to a friend who left his corporate job to become a fitness coach.  
Read that book about managing change well.



