

A woman with dark, curly hair, wearing a red dress with white polka dots, is leaning over and smelling a large red poppy flower in a field. The background is a soft-focus landscape with trees and a bright, hazy sky, suggesting a sunset or sunrise. The overall mood is peaceful and contemplative.

The Anxious Achiever's *Journal*

PURSUE YOUR GOALS WHILE HONORING YOUR ANXIETY



Disclaimer

This journal is a self-help tool for personal reflection and goal-setting. It is not a substitute for professional medical or mental health treatment. It is not intended to diagnose, treat, cure, or prevent any condition.

If you are experiencing severe anxiety, panic attacks, or any mental health crisis, please seek professional help immediately from a qualified healthcare provider.

By using this journal, you acknowledge that you are using this tool at your own discretion and responsibility. The authors and publishers are not liable for any outcomes from using this journal.

welcome Anxious Achiever

YOU BELONG HERE IF...

You have big dreams AND big fears

You want to achieve without burning out

Your anxiety both drives you forward and holds you back

You're tired of choosing between success and mental health

You've abandoned goals because anxiety made them unbearable

You minimize achievements because "anyone could do that"

You want to grow without triggering panic

You believe you can be both anxious AND accomplished

WHAT MAKES THIS JOURNAL DIFFERENT

This isn't about overcoming anxiety to achieve goals. It's not about pushing through fear. It's about something revolutionary:

Achieving WITH anxiety, not despite it.

Your anxiety isn't a flaw to fix before you can succeed. It's part of you. The part that cares deeply, notices details, prepares thoroughly, and yes, sometimes needs reassurance. This journal helps you work WITH all parts of yourself.

HOW TO USE THIS JOURNAL

There is no Day 1. There is no Day 21. There is only today.

This journal is organized by what you need, when you need it:

Jump to any section that calls to you

Return to favorites as often as needed

Complete exercises in any order

Skip what doesn't resonate

There's no "behind" or "ahead"

THE FOUR PARTS:

FOUNDATION

Understanding
your patterns

DESIGN

Creating
anxiety-friendly goals

DAILY PRACTICES

Tools for
the journey

EMERGENCY PROTOCOLS

When anxiety spikes



TRACK YOUR JOURNEY (OR DON'T):

- 🕒 Date entries if it helps you
- 🕒 Or leave them undated
- 🕒 Mark pages as "Explored" not "Complete"
- 🕒 Star your favorites to return to
- 🕒 This is YOUR book

YOUR ANXIOUS ACHIEVER RIGHTS

Before we begin, let's establish your rights:

- 🕒 You have the right to pursue goals at your own pace
- 🕒 You have the right to feel anxious AND keep going
- 🕒 You have the right to define success for yourself
- 🕒 You have the right to stop if something doesn't serve you
- 🕒 You have the right to rest without guilt
- 🕒 You have the right to be imperfect
- 🕒 You have the right to adjust goals as you learn
- 🕒 You have the right to ask for help
- 🕒 You have the right to celebrate small wins
- 🕒 You have the right to achieve in your own unique way

Foundation

UNDERSTANDING YOUR ANXIOUS ACHIEVER PATTERN

EXERCISE 1.1: YOUR ANXIOUS ACHIEVER STORY

Write your story by completing these prompts:

When I think about my goals, I feel...

My earliest memory of wanting to achieve something while feeling anxious was...

The message I received growing up about success was...

My anxiety tells me I need to achieve because...

What I'm really afraid will happen if I don't succeed is...

What I'm afraid will happen if I DO succeed is...

The part of me that wants to achieve says...

The part of me that feels anxious says...

If these two parts could work together, they might...

EXERCISE 1.2: THE ACHIEVEMENT-ANXIETY MAP

Mark where you are on each spectrum:

- Starting Energy: Paralyzed ←-----→ Energized by possibility
- Middle Energy: Give up when hard ←-----→ Push through everything
- Finishing Energy: Can't complete ←-----→ Can't stop perfecting
- After Achievement: Minimize success ←-----→ Never enough
- Between Goals: Anxious without purpose ←-----→ Relieved to rest

What patterns do you notice?

EXERCISE 1.3: YOUR ANXIETY HELPERS & HINDERERS

When it comes to goals, my anxiety...

HELPS by:

- Making me prepare thoroughly

HINDERS by:

- Making me overthink everything

The sweet spot where anxiety helps but doesn't overwhelm is when:

EXERCISE 1.4: THE VALUES EXCAVATION

Beyond anxiety, what matters to you?

Imagine you had no anxiety about judgment or failure. What would you pursue?

What themes keep appearing in your dreams?

When do you feel most like yourself?

What would you regret not trying?

What impact do you want to have?

Circle the values that resonate:

- Growth Creativity Connection Contribution Learning Freedom Security
- Recognition Mastery Innovation Helping Building Expression Discovery
- Leadership Peace

MY TOP 3 VALUES:

EXERCISE 1.5: YOUR SUCCESS FEARS INVENTORY

Check all that apply:

- If I succeed, people's expectations will increase
- If I succeed, I'll have to maintain it forever
- If I succeed, others will be jealous
- If I succeed, I'll discover it wasn't worth it
- If I succeed, I'll lose my excuse for not trying harder
- If I succeed, I might find out I'm still not happy
- If I succeed, I'll have to succeed at bigger things
- If I succeed, people will discover I'm a fraud
- If I succeed, I'll lose my identity as someone who struggles
- If I succeed, I'll have nothing left to strive for

Notes

The fear that affects me most is:

This fear is trying to protect me from:

EXERCISE 1.6: YOUR FAILURE FEARS INVENTORY

Check all that apply:

- If I fail, it confirms I'm not good enough
- If I fail, people will judge me
- If I fail, I'll disappoint people who believe in me
- If I fail, I waste time/money/energy
- If I fail, I'll prove the critics right
- If I fail, I'll have to start over
- If I fail, I'll lose confidence
- If I fail, others will lose respect for me
- If I fail, I'll regret trying
- If I fail, it means I shouldn't try again

Notes

The fear that paralyzes me most is:

This fear is trying to protect me from:

EXERCISE 1.7: THE IMPOSTOR SYNDROME MAP

Rate each statement (1-5, where 5 is "constantly"):

I feel like a fraud:		I avoid applying for things:	
I attribute success to luck:		I deflect compliments:	
I downplay my expertise:		I compare myself to others:	
I fear being "found out":		I focus on what I don't know:	
I over-prepare to compensate:		I'm waiting to feel "ready":	
Total:	/50		

Impostor syndrome is loudest when:

Evidence that I'm NOT an impostor:

EXERCISE 1.8: YOUR ACHIEVEMENT MEDICATION

How do you use achievement to manage anxiety?

I pursue goals when I feel anxious about: _____

Achievement temporarily soothes my fear of: _____

I feel calmest when I'm: _____

Without a goal, I feel: _____

The "high" of achievement lasts: _____

Then I need to: _____

Is achievement a healthy coping strategy or an anxiety medication for you?

EXERCISE 1.9: THE BOTH/AND DECLARATION

Complete this declaration:

- I am a person who is BOTH anxious AND ambitious.
- I can BOTH feel scared AND take action.
- I can BOTH doubt myself AND build evidence of capability.
- I can BOTH need rest AND pursue goals.
- I can BOTH work hard AND be compassionate with myself.
- I can BOTH fail at things AND be worthy.
- I can BOTH succeed AND remain humble.

I am BOTH _____ and _____

I am BOTH _____ and _____

I am BOTH _____ and _____

EXERCISE 1.10: YOUR ANXIOUS ACHIEVER PROFILE

Summarize what you've discovered:

MY ANXIOUS ACHIEVER TYPE:

- The Perfectionist Procrastinator
- The Overwhelmed Overachiever
- The Impostor Syndrome Sufferer
- The Burnout-Prone Builder
- The Fear-Driven Performer
- The Anxious People Pleaser
- Other: _____

MY PATTERN:

I get excited about goals, then anxiety makes me _____

I cope by _____

which leads to _____

What would help is _____

MY ANXIETY-ACHIEVEMENT EQUATION:

Too little challenge =

Too much challenge =

Just right challenge =

Design

CREATING GOALS THAT DON'T TRIGGER OVERWHELM

EXERCISE 2.1: THE GOAL ANXIETY ASSESSMENT

For each goal you're considering, answer:

The Goal:

Initial anxiety level about this goal (1-10):

What specifically triggers anxiety about this:

- The size/scope The timeline The visibility The possibility of failure The possibility of success
 The judgment of others The unknown factors The required skills The competition
 Other: _____

What would make this goal feel safer:

Is this MY goal or someone else's expectation?

EXERCISE 2.2: THE GOAL BREAKDOWN METHOD

Choose your breakdown style based on what feels least overwhelming:

OPTION A: THE TINY STEPS METHOD

Final Goal:	
Step 1:	(2 minutes)
Step 2:	(5 minutes)
Step 3:	(10 minutes)
Step 4:	(15 minutes)

OPTION B: THE MILESTONE METHOD

Final Goal:	
25% Milestone:	
50% Milestone:	
75% Milestone:	
100% Complete:	

OPTION C: THE EXPERIMENT METHOD

Instead of "I will achieve X" Try: "I will experiment with X for [timeframe] and see what happens"

Current experiment:	
Duration:	
What I'm learning:	
Next experiment:	

Which method calms your anxiety most?

EXERCISE 2.3: THE SAFETY NET DESIGN

For each goal, build in safety:

If I get overwhelmed, I will:

If I need to pause, that's okay because:

If I need to adjust the goal, I can:

If I don't meet my timeline, I will remind myself:

My minimum viable version of this goal is:

Success would be nice, but what I really need is:

EXERCISE 2.4: THE GOOD ENOUGH GOAL

Rewrite your goal with "good enough" built in:

Perfectionist Version: "I will write a perfect novel"

Good Enough Version: "I will write a complete first draft"

Perfectionist Version: "I will get in perfect shape"

Good Enough Version: "I will move my body regularly"

YOUR TURN:

Perfectionist Version:

Good Enough Version:

70% Achievement would look like:

And that would be enough because:

EXERCISE 2.5: THE ENERGY BUDGET

Calculate the true cost of your goal:

Energy this goal will require:

Physical	/10	Mental	/10	Emotional	/10
Time	hours/week	Anxiety load:	/10		

Energy I realistically have:

Physical	/10	Mental	/10	Emotional	/10
Time	hours/week	Anxiety capacity:	/10		

Is this sustainable? Y/N

What needs to adjust?

EXERCISE 2.6: THE SUPPORT SYSTEM BLUEPRINT

Who/what will help you achieve with less anxiety:

PEOPLE SUPPORT:

Accountability buddy:

Cheerleader:

Advice giver:

Anxiety soother:

Success celebrator:

STRUCTURE SUPPORT:

Regular check-ins:

Deadlines (flexible):

Rewards system:

Progress tracking:

ENVIRONMENT SUPPORT:

Best place to work:

Tools needed:

Anxiety management tools:

EXERCISE 2.7: THE FLEXIBILITY FRAMEWORK

Build in choice and adjustment:

If anxiety is LOW, I will:

Work on goal for

minutes

Tackle the

tasks

Push myself to

If anxiety is MEDIUM, I will:

Work on goal for	minutes	Focus on	tasks
Be gentle by			

If anxiety is HIGH, I will:

Touch the goal for	minutes	Only do	tasks
Prioritize			instead

This is all progress.

EXERCISE 2.8: THE CELEBRATION PLANNING

How will you celebrate without triggering impostor syndrome?

Tiny wins I'll acknowledge:

- Starting when anxious

Medium wins I'll celebrate:

- Reaching milestones

Big wins I'll honor:

- Completing goals

Ways to celebrate that feel safe:

- Tell one trusted person

EXERCISE 2.9: THE OBSTACLE FORECAST

Predict and prepare for anxiety triggers:

Likely anxiety spike points:

	Plan:
	Plan:
	Plan:

When perfectionism will attack:

When impostor syndrome will appear:

When I'll want to quit:

My commitment to myself when these happen:

EXERCISE 2.10: THE GOAL CONTRACT

Write your anxiety-informed goal contract:

I, _____, commit to pursuing _____ in a way
that honors both my ambition and my anxiety.

I will:

- Break this into manageable pieces
- Celebrate small progress
- Rest when needed
- Adjust when necessary
- Ask for help when stuck
- Be kind to myself throughout

I won't:

- Shame myself for feeling anxious
- Push through panic
- Compare my progress to others
- Abandon the goal without reflection
- Let perfect be the enemy of good

This goal matters because:

I can do this WITH anxiety because:

Signed: _____

Date (optional): _____

Daily Practices

TOOLS FOR THE ANXIOUS ACHIEVEMENT JOURNEY

DAILY PAGE TEMPLATE

Date (optional):

Today's Anxiety Level:

Low

Medium

High

Today's Goal Intention:

Adjusted for Anxiety:

What Would Make This Feel Safer:

One Tiny Step Forward:

PERMISSION SLIPS FOR TODAY:

I give myself permission to _____

I give myself permission to _____

I don't have to _____

END OF DAY REFLECTION:

What I Did (Tiny Counts):

How Anxiety Showed Up:

What Helped:

Tomorrow I Might:

One Thing I'm Proud Of:

PRACTICE 1: THE MORNING ANXIETY-ACHIEVEMENT CHECK-IN

Every morning, ask yourself:

How is my anxiety today?

(1-10)

What does it need to feel safe?

What goals feel possible today?

What adjustments will honor both parts?

What's the minimum that would feel like progress?

Today's Achievable Intention:

PRACTICE 2: THE ENERGY MATCHING METHOD

Match your tasks to your energy:

Current Energy

Low

Medium

High

High Energy → Tackle hardest part

Medium Energy → Steady progress work

Low Energy → Admin, planning, or rest

TODAY'S MATCH:

My energy is

So I'll work on

PRACTICE 3: THE 2-MINUTE COURAGE PRACTICE

When anxiety makes starting impossible:

- Set timer for 2 minutes
- Do ANYTHING related to your goal
- When timer rings, choose:
 - Continue for 2 more
 - Take a break (celebrate!)
 - Switch to easier task

Today I was courageous for 2 minutes by:

PRACTICE 4: THE PROGRESS NOT PERFECTION TRACKER

Check all that apply today:

- I started despite anxiety I took one small step I worked for any amount of time I asked for help
- I adjusted expectations I chose progress over perfection I celebrated something tiny
- I rested without guilt I stayed connected to my why I was kind to myself

Number checked = SUCCESS LEVEL

PRACTICE 5: THE IMPOSTOR SYNDROME RESPONSE

When impostor syndrome strikes, write:

The thought: "I'm not qualified to..."

Evidence against this thought:

What I'd tell a friend thinking this:

One small action despite the feeling:

PRACTICE 6: THE PERFECTIONISM CIRCUIT BREAKER

When perfectionism takes over:

I'm obsessing over: _____

Good enough looks like: _____

The deadline (real or self-imposed): _____

What matters more than perfect: _____

I'm choosing to: _____

Repeat: "Done is better than perfect."

PRACTICE 7: THE COMPARISON ANTIDOTE

When perfectionism takes over:

I'm comparing myself to: _____

What I don't know about their journey: _____

My journey is unique because: _____

My own progress includes: _____

I'm choosing to focus on: _____

PRACTICE 8: THE ANXIETY PRODUCTIVITY FUSION

Work WITH anxiety's energy:

My anxiety wants to: Plan everything Research endlessly Prepare thoroughly

I'll channel this into: Creating project plan Time-boxed research Strategic preparation

For _____ minutes, then I'll: _____

PRACTICE 9: THE CELEBRATION PRACTICE

Daily celebration (however tiny):

Today I: _____

This was hard because: _____

I did it anyway because: _____

This matters because: _____

I'm acknowledging this by: _____

PRACTICE 10: THE REST WITHOUT GUILT PRACTICE

Permission to rest:

Rest is not giving up because: _____

I've earned rest by: _____

Rest helps my goals by: _____

I'll rest for: _____ minutes/hours

Without doing/thinking about: _____

PRACTICE 11: THE WEEKLY REVIEW (NON-JUDGMENTAL)

Every week, reflect:

This week's relationship with goals:

Anxiety level average: _____ Progress made (any size): _____

What worked: _____

What didn't: _____

What I learned: _____

Next week I'll try: _____

Compassion statement to myself:

PRACTICE 12: THE MONTHLY PATTERN CHECK

Monthly, notice patterns:

Times anxiety helped my goals:

Times anxiety hindered my goals:

Strategies that consistently work:

What needs adjusting:

My growth edge is:

Emergency Protocols

WHEN GOAL ANXIETY BECOMES OVERWHELMING

EMERGENCY PROTOCOL 1: THE PANIC-TO-PAUSE PIPELINE

When panic about a goal hits:

STOP - Literally stop moving

GROUND - 5 things I see, 4 I hear, 3 I touch

BREATHE - 4 counts in, 6 counts out, repeat 3x

ASSESS - Is this real danger or anxiety?

CHOOSE - One tiny step OR intentional rest

COMPASSION - "This is hard and I'm doing my best"

Used this protocol on:

Helped? Y/N

NOTES

EMERGENCY PROTOCOL 2: THE PERFECTIONISM MELTDOWN RESPONSE

When everything must be perfect NOW:

Write the perfectionist thought:

Rate the catastrophe (1-10) if imperfect:

Write what "good enough" looks like:

Do good enough version for 10 minutes

Notice: Did the world end? Y/N

REPEAT AS NEEDED...

This helped me complete:

EMERGENCY PROTOCOL 3: THE IMPOSTOR SYNDROME SPIRAL STOPPER

When "I'm a fraud" thoughts spiral:

PROOF I'M NOT A FRAUD:

Degree/Certification:



Experience:



Past success:



Positive feedback:



I was chosen for:

I figured out:

I helped:

Read this list 3 times. Add one new item.

EMERGENCY PROTOCOL 4: THE COMPARISON CRISIS PLAN

When everyone seems better than you:

Name who you're comparing to:

List what you DON'T see:
their struggles, their journey time, their support

Your unique strengths:

Your unique path:

- Block/mute/step away from trigger
- Do one small thing for YOUR goal

EMERGENCY PROTOCOL 5: THE OVERWHELM OVERRIDE

When the goal feels impossibly big:

Make it microscopic:

The goal: _____

10% of the goal: _____

10% of that: _____

10% of that: _____

The tiniest possible step: _____

Do only the tiniest step. This is enough.

EMERGENCY PROTOCOL 6: THE FAILURE FEAR FIRST AID

When fear of failure paralyzes:

Write the worst case:

How you'd cope:

What you'd learn:

Why you'd survive:

The regret of not trying:

Choose: Try imperfectly OR regret certainly

EMERGENCY PROTOCOL 7: THE SUCCESS ANXIETY SUPPORT

When fear of success strikes:

If I succeed:

The good that happens:

The challenges I might face:

How I'll handle them:

Support I can access:

Why I deserve this:

How I'll stay grounded:

Success is safe because:

EMERGENCY PROTOCOL 8: THE BURNOUT PREVENTION PLAN

Warning signs I'm burning out:

- Anxiety about goal is constant Physical exhaustion Dreading the work
- Resentment building No joy in progress Health issues emerging

If 3+ checked:

- Full stop for 24 hours minimum
- Assess what needs to change
- Cut goal by 50% OR extend timeline by 2x
- Add support system
- Return only when ready

Notes

EMERGENCY PROTOCOL 9: THE SHAME SPIRAL STOPPER

When shame about anxiety/progress hits:

Replace shame thoughts:

"I should be further" → "I'm exactly where I need to be"

"Others don't struggle" → "Everyone struggles differently"

"I'm too anxious" → "I'm anxious AND capable"

"I'm failing" → "I'm learning"

"I'm weak" → "I'm human"

Self-compassion statement:

EMERGENCY PROTOCOL 10: THE QUICK RESET RITUAL

When you need to reset fast (30 seconds):

Three deep breaths

Hands on heart

Say: "I'm anxious and that's okay"

Say: "I can take one small step"

Say: "I'm proud of myself for trying"

Take the smallest possible action

•

This ritual helps me:

Your Personal Toolkit

Customize Your Anxious Achiever System

MY GO-TO PRACTICES

When anxiety
is LOW, I use:

When anxiety
is MEDIUM, I use:

When anxiety
is HIGH, I use:

MY GOAL ANXIETY PATTERNS

I get most anxious about goals when:

Anxiety helps my goals by:

Anxiety hinders my goals by:

The sweet spot is when:

MY SUCCESS STRATEGIES

What consistently works:

For Starting: _____

For Continuing: _____

For Finishing: _____

For Celebrating: _____

For Resting: _____

For Beginning Again: _____

MY SUPPORT SYSTEM

People who help me achieve with less anxiety:

Person:		Role:	
Person:		Role:	
Person:		Role:	
Person:		Role:	

Resources that help:

MY MANTRAS

Choose or create 3 mantras:

- "Progress not perfection" "I can do hard things" "Anxiety and achievement can coexist"
- "Done is better than perfect" "I am capable AND anxious" "Small steps are still steps"
- "My worth isn't my productivity" "Rest is part of the process"

My personal mantras:

--	--	--

MY MINIMUM VIABLE DAY

On the hardest days, success looks like:

- Getting out of bed

- _____
- _____
- _____

- Being kind to myself

This is enough.

MY MAXIMUM SUSTAINABLE PACE

I can sustain this level of goal pursuit:

Hours per day:		Days per week:		Intensity level:	
Number of goals:		Rest needed:			

Signs I'm exceeding this:

MY DEFINITION OF SUCCESS

Success for me means:

Not: Achieving without anxiety But:	
Not: Never feeling fear But:	
Not: Perfect execution But:	
Not: Meeting others' expectations But:	

My success is:

Reflection Pages

Return to These Whenever Needed

QUARTERLY REVIEW: YOUR GROWTH

Date:

Three months ago, my goal anxiety was:

/10

Today it is:

/10

Goals I've worked on (any progress counts):

What I've learned about achieving with anxiety:

Strategies I've discovered:

Ways I've been kind to myself:

What I'm proud of:

What I want to remember:

THE EVIDENCE PAGES

Keep adding evidence that you're capable:

Things I've Started Despite Anxiety:

Things I've Continued Despite Difficulty:

Things I've Completed (Any Size):

Times Anxiety Actually Helped:

THE LETTER TO FUTURE YOU

Write when you're feeling strong:

Dear Future Me (who might be anxious),

I want you to remember that you've felt this before and survived. You're capable of more than anxiety tells you.

Evidence includes: _____.

When anxiety says you can't, remember you have: _____.

Your goals matter because: _____.

You can do this WITH anxiety because: _____.

What helps you most is: _____.

You're proud of yourself for: _____.

Keep going. Rest when needed. You've got this.

Love, Past You (who was also anxious)

Date:

THE WISDOM YOU'VE GATHERED

Fill this throughout your journey:

What I wish I'd known earlier:

What I'd tell someone starting out:

The biggest myth about achievement:

The truth about anxiety and goals:

Why both/and is better than either/or:

The paradox I've discovered:

What actually matters:



The Anxious *Achiever's Manifesto*

I am an anxious achiever, and that's not a contradiction.

I can feel fear and take action. I can doubt myself and build skills. I can worry about failure and try anyway. I can need rest and have ambition. I can move slowly and still move forward.

My anxiety is not a flaw to fix before I can succeed. It's part of me. The part that cares, prepares, and notices details.

I don't need to be fearless to be capable. I don't need to be confident to begin. I don't need to be perfect to be worthy. I don't need to be calm to achieve.

I will pursue my goals in a way that honors both my dreams and my nervous system.

I will celebrate small victories. I will rest without guilt. I will adjust without shame. I will ask for help without apology. I will define success for myself.

Some days, anxiety will be loud. Some days, progress will be tiny. Some days, both will be true. All days, I will be enough.

I am learning to achieve WITH anxiety, not despite it. I am learning that both parts of me can coexist. I am learning that my way is valid.

I am an anxious achiever. I am capable. I am enough. I am proud of myself for trying.

YOU DON'T NEED TO BE FIXED

You picked up this journal perhaps hoping it would help you stop being anxious about your goals. But here's what I hope you've discovered:

You don't need to stop being anxious to achieve.

Your anxiety isn't a bug, it's a feature. It's the part of you that cares deeply, thinks thoroughly, and prepares well. Yes, it sometimes overdoes it. Yes, it sometimes paralyzes instead of propels. But it's not broken, and neither are you.

THE PATH FORWARD

This journal has no ending because your journey doesn't end. You'll set new goals. Face new anxieties. Discover new strategies. Have setbacks. Celebrate victories. Rest. Begin again.

Return to these pages whenever you need:

- Reminders of your capability
- Strategies that work
- Permission to be human
- Evidence of your growth

WHAT SUCCESS REALLY LOOKS LIKE

- Success isn't achieving without anxiety. Success is achieving WITH anxiety in a way that's sustainable.
- Success isn't never feeling fear. Success is feeling fear and choosing courage anyway.
- Success isn't perfect execution. Success is progress, however imperfect.
- Success isn't meeting everyone's expectations. Success is honoring your own values.
- Success isn't the absence of struggle. Success is struggling with compassion for yourself.



REMEMBER THIS

Every anxious achiever who changed the world did so WITH their anxiety, not after conquering it. Your anxiety doesn't disqualify you from your dreams. It's part of what will help you achieve them thoughtfully, carefully, and meaningfully.

YOUR JOURNEY CONTINUES

Keep this journal close. Mark your favorite pages. Return to what helps. Add your own wisdom. Share what you learn.

You are an anxious achiever. You are not alone. You are capable of more than you know. Your anxiety and ambition can coexist. Your way of achieving is valid. Your progress matters, however small. You are enough, exactly as you are.

Now go pursue your goals; anxiously, courageously, imperfectly, and authentically.

The world needs what you have to offer, anxiety and all.

This journal belongs to:

Started: