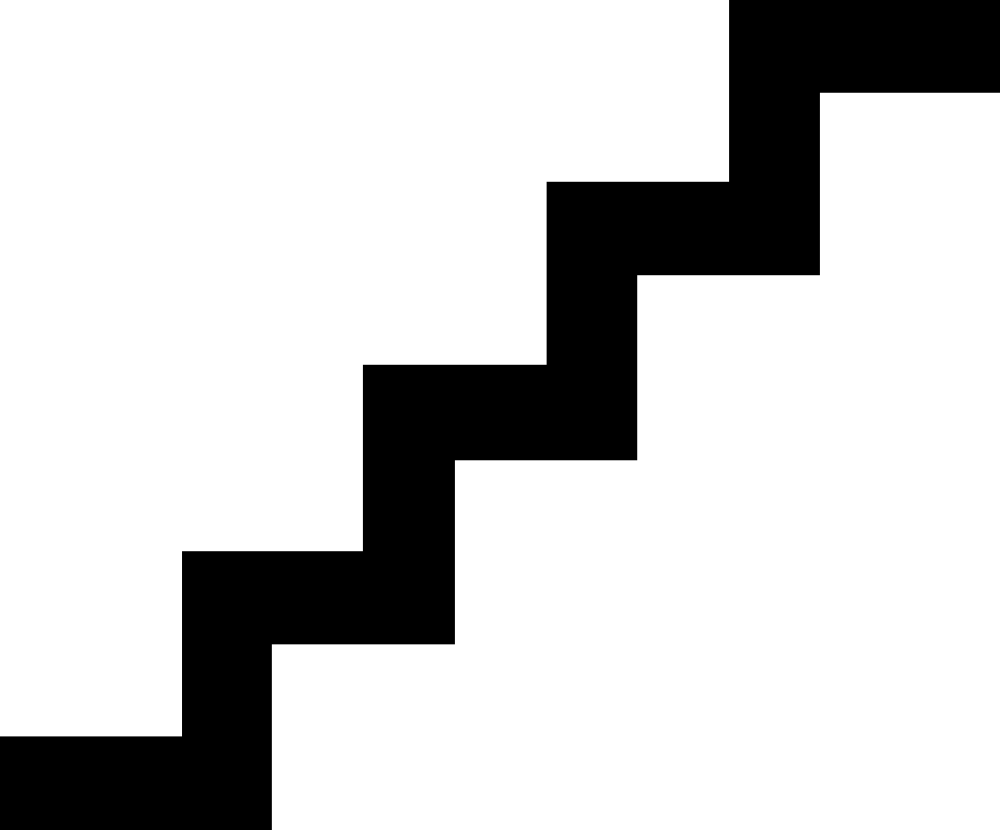
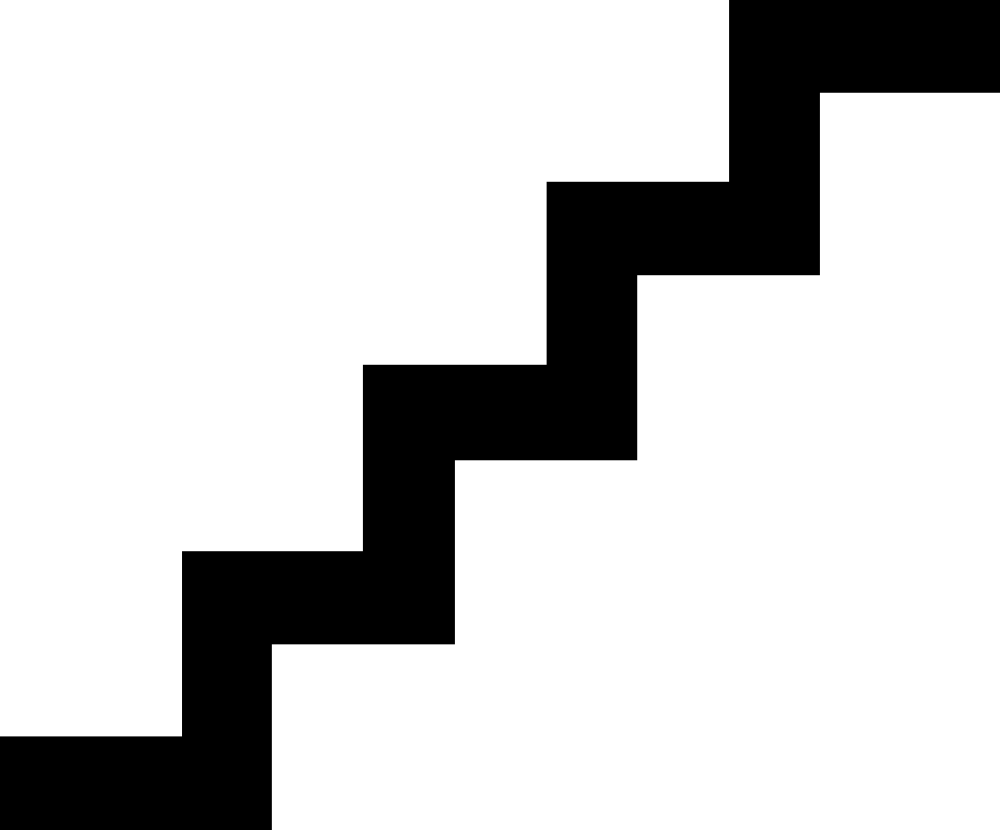
[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwihyd-gxKTVAhUL1hoKHaHcC8AQjRwIBw&url=http://worldartsme.com/steps/&psig=AFQjCNG9O7iB6mPPnn4ANAeawjgZZVHr1g&ust=1501075522399450)

How can I take care of myself and manage my anxiety when I am working on achieving this goal?