

EXPAND POSSIBILITIES INSTRUCTIONS

DETAILED INSTRUCTIONS FOR USING THE TOOL

01 Pause and prepare

Find a moment to slow down. Set aside distractions and get comfortable.

02 Press play

Listen to the guided audio for “Expand Possibilities.” Headphones can help deepen your focus.

03 Follow the prompts

Let the guidance help you explore new angles, shift your thinking, and loosen anxiety’s grip.

04 Let go of judgment

Just notice what comes up—no need to fix or analyze. Stay curious and kind to yourself.

05 Take one small step

End the session by identifying one meaningful thing you can do next. Big or small—it counts.

06 Repeat as needed

Use this tool whenever change feels overwhelming and you need to reconnect with clarity.