



Your Complete Checklist On How To Seriously Get Rid Of This Fearful Anxiety

Gargi Arya

**Motivational Speaker of Adjoa HTC
and author of "The Lion-Hearted"**



Hey there, hope you are doing phenomenal. Do you want to seriously get rid of the anxiety and depression? Do you want to live the life of your own dreams? Are you tired of ruining your mind with past events? Do you feel happy all the time? Are you satisfied with your current level? Would you like to work on the biggest project, i.e., you?

This checklist gives you an easy way how to stop worrying about the past or future and simply focus on the present! I have personally applied all of them and it has made me in the person I am today!

- Gargi Arya

- Start spending quality time with your loved ones
- Acknowledge and Accept the fact that you are anxious
- Engage yourself in Self Love
- Identify The Root Cause Of Your Problem
- Create an Incantation (Positive Mantra for yourself, for example - mine is Hakuna Matata)
- Create your hour of power (Rituals/Habits that will help you to stay focused)
- Think about - What do you want from your life? (Start with Why, How will show up!)
- Breathe Deeply whenever you feel your mind is going somewhere else
- Practice the pause (Whenever you feel the situation is not in your control, you must ask yourself this question - "What's the best outcome that I want from this situation?")
- Laugh and Meditate

Gargi Arya

Sick of Being Sick And Tired?

Let me hold your hand and show you the brighter side of your gloomy world. The question is - Are You Ready?

As a bonus gift, book your 30 mins clarity call session with me along with it, get access to my FB VIP Group!!

[Save My Spot!](#)

Attract^o

Created with Growth Tools in Partnership with Leadpages