


# Facing Your Fears with the Women's Center

First, identify three fears that you want to work on.  
Write one in each of the candies below.



**OHIO**  
UNIVERSITY

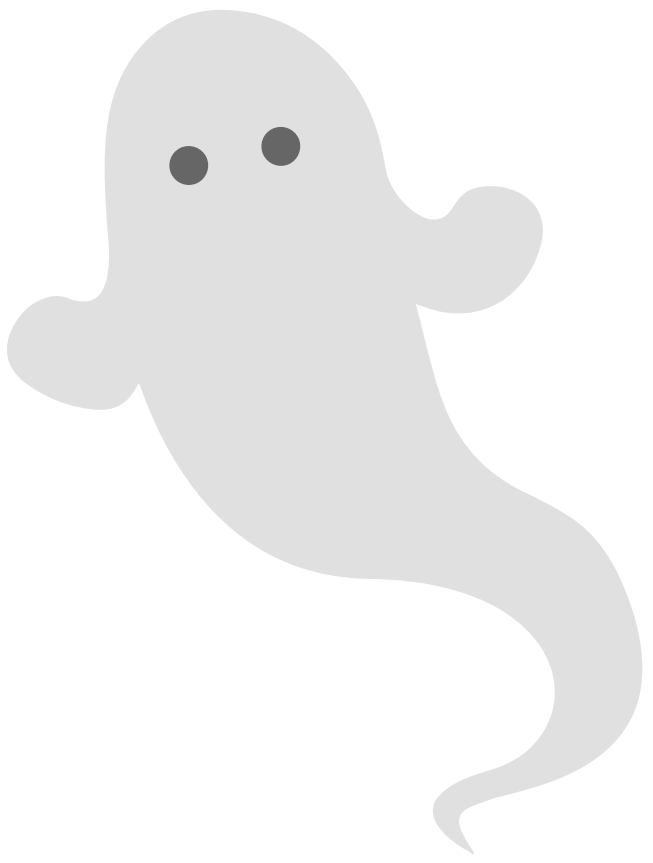
DIVISION OF DIVERSITY AND INCLUSION  
**WOMEN'S CENTER**



Once you're done, write a goal for yourself on how to face each fear.



Next, face those fears! Write down what you accomplished and how it felt.



Finally, give yourself a reward for all of your hard work! You can also post your activity sheet and tag @OHIOWomenCenter!

