



Don't
let the Worry Bug
spoil your day!

Wince,
The Monster
of Worry

You
are doing
great!



Step
out of your
Bubble!
(you got this!)

Try
something
new!

Squeek,
The Monster
in The
Bubble

Are you
Feeling
Frustrated?
Take a
deep
breath



Twitch,
The Very
Frustrated
Monster



You are
Beautiful
just the
way
you
are!

Rue, *The Monster of Insecurity*

WorryWoos.com



*You
are
not*

alone

*Nola,
The Lonely
Little Monster*



When you
feel grateful
the world smiles
with you!

Zelly

The Monster
Who Wanted
It All



*You can
do it!*

*Fuddle,
The Monster Who
Couldn't Decide*

*We
know you
can!*