**🌀 UNCERTAINTY ("I don't know what will happen...")**

| **Title** | **Subtitle/Description** |
| --- | --- |
| **Organize Your Mind: Take the First Step** | Feeling lost creates anxiety. Choose one small task today to clear your path. |
| **Plan Your Victory Today** | Five minutes of planning can ease uncertainty. What goal can you set right now? |
| **Big Changes Start with a List** | Write down your tasks. What's visible becomes manageable. |

**🧠 RESPONSIBILITY ("I have too much on my shoulders...")**

| **Title** | **Subtitle/Description** |
| --- | --- |
| **Don’t Carry It All: Prioritize** | Not everything is urgent. Focus on what truly needs your attention today. |
| **Being Responsible Doesn’t Mean Being Perfect** | Breathe. Being responsible also means knowing when to ask for help. |
| **Divide and Conquer** | Break large tasks into smaller steps to make them lighter. |

**⚡ PRESSURE FROM EXPECTATIONS ("I must be perfect...")**

| **Title** | **Subtitle/Description** |
| --- | --- |
| **You Are Enough As You Are** | External expectations don't define your worth. Trust your journey. |
| **Real Progress Is Imperfect** | Every mistake is a valuable part of learning. Keep moving forward. |
| **Choose Growth Over Impressing Others** | Focus on growing, not pleasing. You set your own pace! |