With an awareness of God, listening to His leading, write on the following.	
What am I anxious about?	
What are some character qualities of God that are important to me?	
what are some character quanties of God that are important to me.	
What are some things in my life or in the world that are:	
True	
noble	
right	
pure	Philippians 4:8
lovely	
admirable	
excellent	
praiseworthy	