



Hello!

Thank you for buying my done-for-you content. This bundle has one or more Canva Templates.

You'll find the template(s) below:

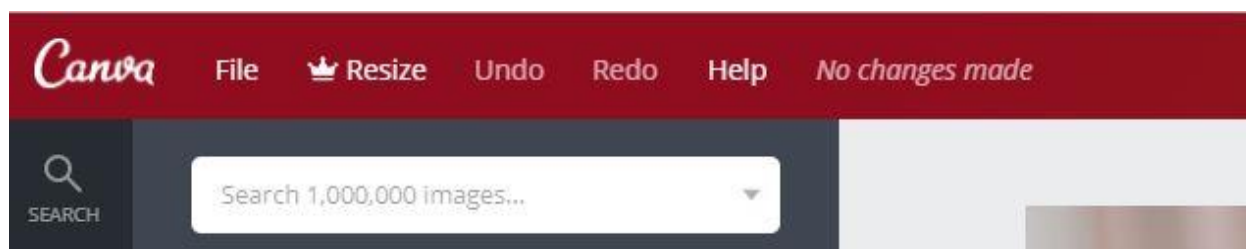
[Coping With Anxiety Through Journaling](#)

Before you begin using it, please read how to transfer this template into your Canva account.

Do NOT use the template straight from the link that I'm giving you. If you do it will change it for everyone. Also, if you accidentally change it – please contact me at writingguru2012@gmail.com so that I can fix it.

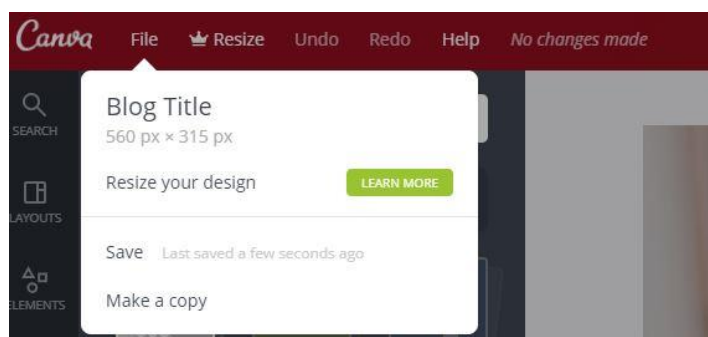
Here are the steps:

1. Click the link.
2. Do you see File in the navigation window on the far left-hand side?



You're going to want to click that. When you do, you'll get a drop down box.

3. In the box you'll see at the very bottom it'll say, "Make a copy". Click that.



4. When you click the box it'll automatically open another window with the copy. That is the one you're going to want to make any changes in.



5. Close the window you're in now.

6. Go to the new copy and rename it.

At this point I usually change to my brand colors and then I'll make another copy when I'm done so that I can keep the format of the template that I want.

If you have any questions, please let me know.



~April Lemarr