



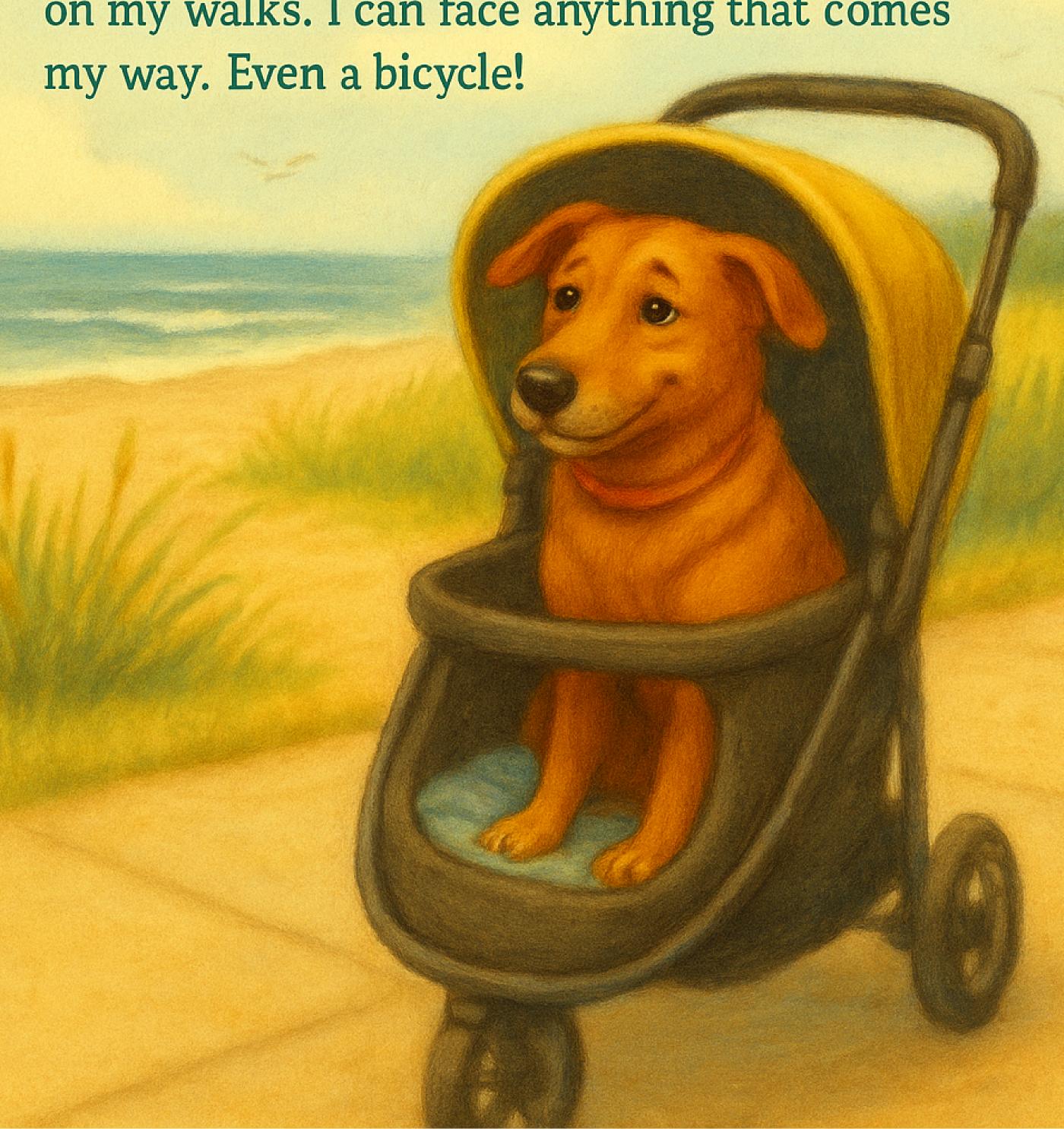


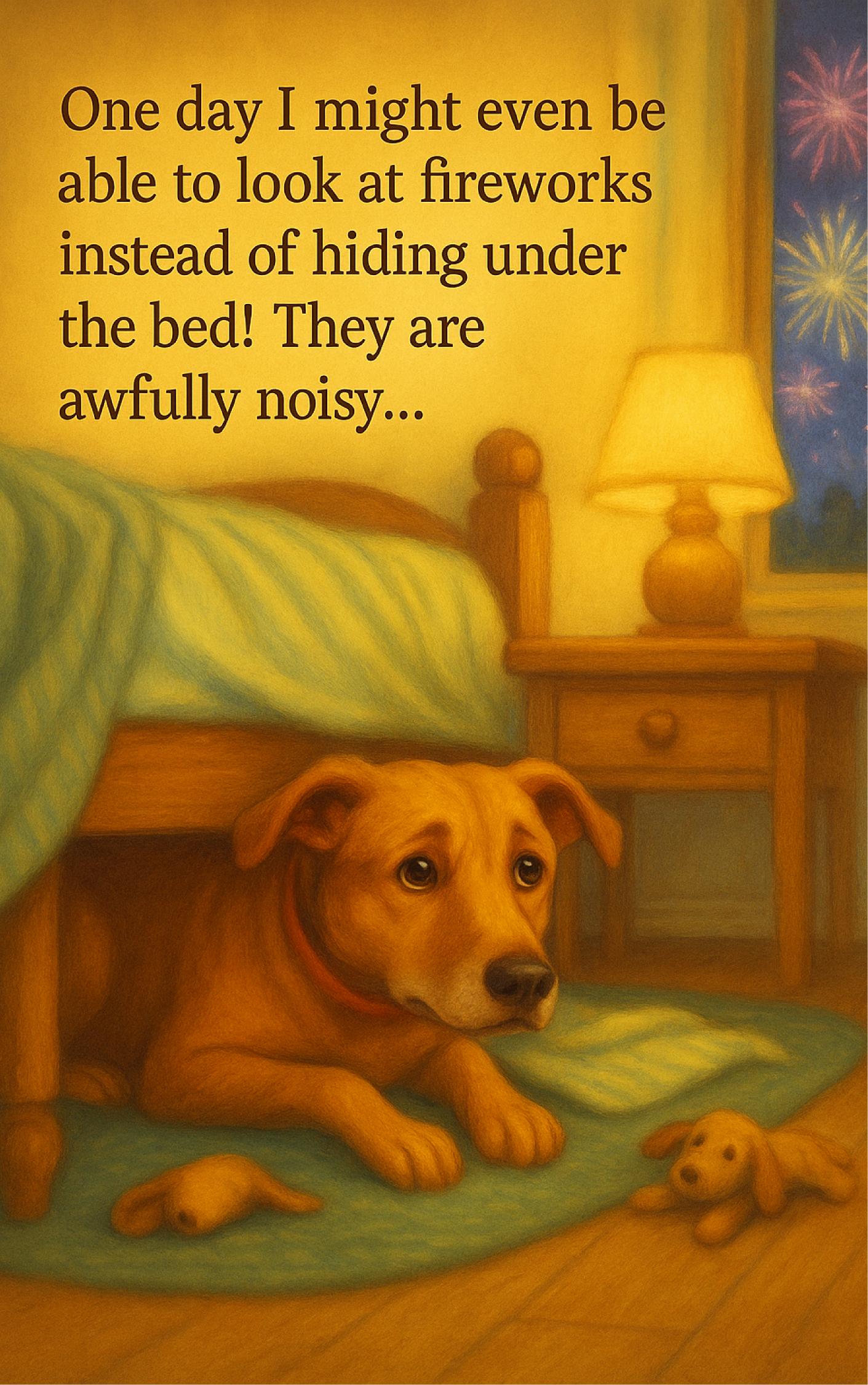
Sometimes I just sit next to my Mom. She doesn't say much, but I think she gets.

Even though I'm nervous...

I know what a very big and brave dog I am.
I've been for walks by the beach with all kinds
of scary things because I have a really cool
stroller. That makes me feel so safe!

I've learned I can take three deep sniffs and huff out very slowly before I go out the door on my walks. I can face anything that comes





Sometimes, I wish I could explore the world and not be so afraid but I know it's okay to be anxious.

Every night—I curl up next to my family and know tomorrow I will try again.



Mom says courage is even just taking one step forward— in my case—a paw.

I'm a big brave good boy because even anxious hearts can be strong ones.



Thank you for joining us on this journey.



WE ARE TEAM JAKE

- I love you and so do others