

POSITIVE THINKING

CHANGE YOUR WORDS, CHANGE YOUR WORLD

I ALWAYS MESS UP

I CAN LEARN FROM
MY MISTAKES

THIS IS IMPOSSIBLE

I CAN HANDLE
CHALLENGES ONE
STEP AT A TIME

NOBODY LIKES ME

I HAVE PEOPLE THAT
CARE ABOUT ME

I HAVE TO WORK HARDER

I'M WILLING TO
WORK HARDER

THINGS WON'T GET BETTER

THINGS CAN IMPROVE
WITH TIME AND EFFORT

I DON'T FIT IN

I'M UNIQUE & THAT'S
A GOOD THING

I'M TOO NERVOUS

I CAN STILL DO THIS

NO ONE UNDERSTANDS ME

I CAN TALK TO SOMEONE I TRUST
TO HELP THEM UNDERSTAND