



WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

This is tough. But so am I.

I may not be able to control this situation.
But I am in charge of how I respond.

I haven't figured this out...yet.

This challenge is here to teach me
something.

All I need to do is take it one step at a
time. Breathe. And do the next right thing.

created by

