



GETTING UNSTUCK!

THINK ABOUT NEGATIVE WORDS OR STATEMENTS THAT
KEEP YOU STUCK. WRITE THOSE STATEMENTS DOWN,
CROSS THEM OUT AND COME UP WITH A STATEMENT
THAT WILL HELP YOU MOVE!

~~I CAN'T DO IT!~~

~~WHY DID THIS
HAPPEN TO ME??~~

I HAVEN'T FIGURED
IT OUT YET!

WHAT DO I NEED TO
GET GOING?

