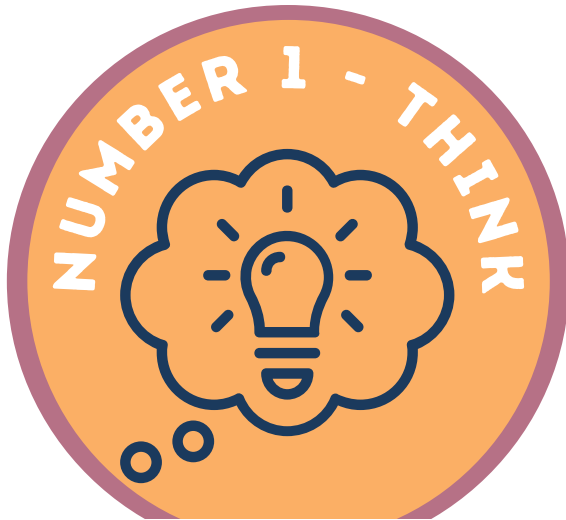


FLAG 2020 SESSION 1 ~ SELF-CARE



Tune into negative thoughts, recognise them for what they are - just thoughts, it is what you do next that is important.



Stop the thoughts in their tracks by visualising the stop sign, when you start to doubt yourself -

STOP, PAUSE, NOTICE



Look for your best win. Visualise a time when you knew you were on top of your game,

**YOU FELT AMAZING,
YOU WERE AMAZING.**



LISTEN to your best friend. What would they say? They would say you are an amazing, unique individual with broken, brilliant and beautiful bits.

**LEARN TO LOVE
ALL OF YOU.**