



WHEN I AM FACING A CHALLENGE

I CAN TELL MYSELF

- ▶ This is **tough** but **so** am I!
- ▶ I will **do my best** and it will be **enough**.
- ▶ This **challenge** will make me **stronger**.
- ▶ If I don't know what to do,
I can **ask for help**.
- ▶ And when I get tired, I will **take a rest**.
- ▶ I just need to take **one step** at
a time and **believe** I can do it!