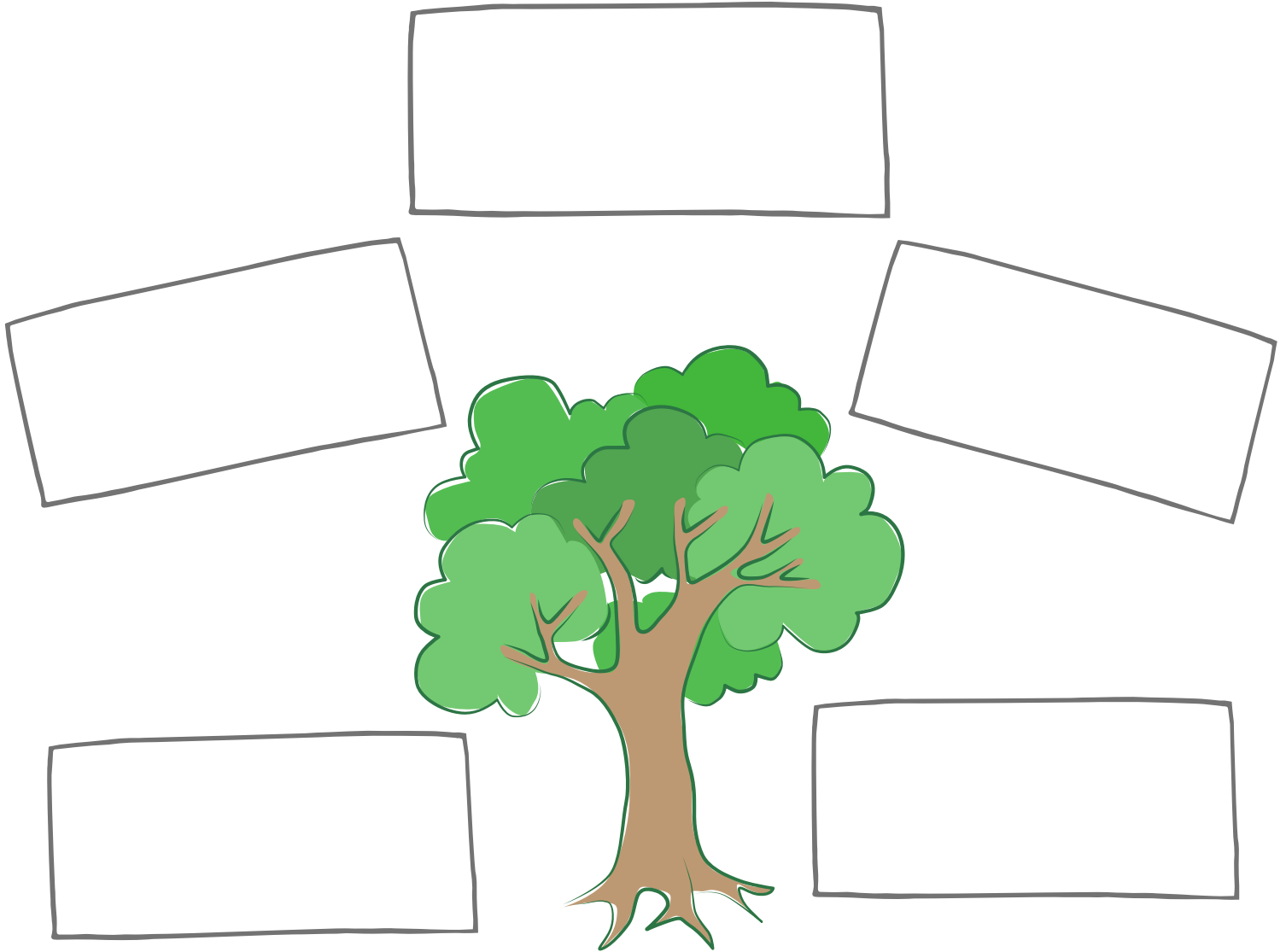


How I've grown

Think of a situation that didn't go as you'd hoped, and write it at the bottom of the tree. Draw lines branching out to what you've learned and new opportunities that have come about from that particular situation.

What did you do to develop this skill? What challenges did you experience?

Who helped you? How can you grow more?





OUR
Thoughts



OUR
Beliefs



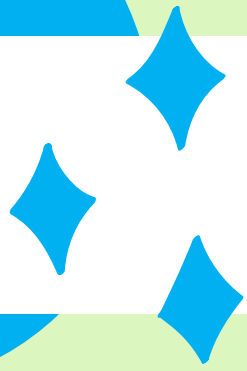
OUR
Feelings



OUR
Actions



**POSITIVE
THINKING**

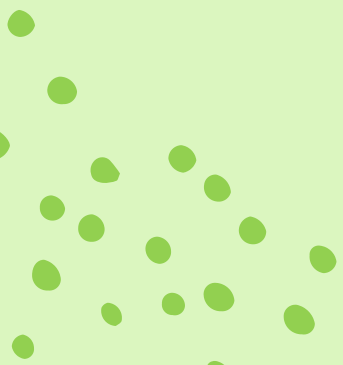


Positive thinking



Fill in the star with as many positives you can think of

I am...





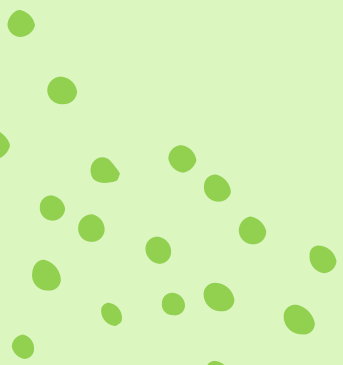
Positive thinking

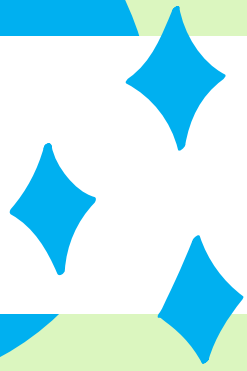


Fill in the star with as many positives you can think of



I can...





Positive thinking



Fill in the star with as many positives you can think of

I have...

