

WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so am I.

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

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

4. This challenge is here to teach me something.

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