

ican...
Think it

Resources



Emotional wellbeing



Passions



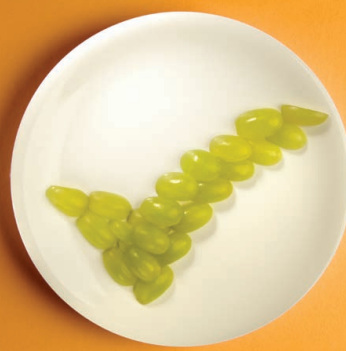
Friends



Security



Difference



Health



Family



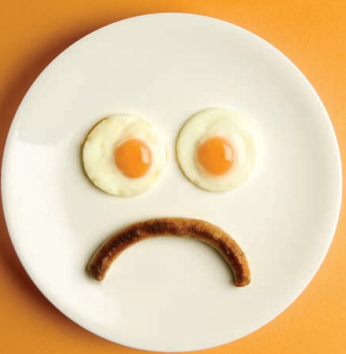
Death



Opportunity



Money



Sadness



Focus



Happiness



Roles



Disasters



Celebration



Surprises



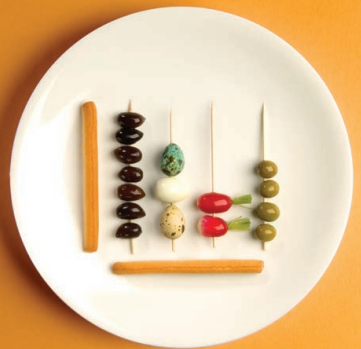
Work



Learning



Challenges



Values



Change



Success



Mess



Emotional wellbeing



Passions



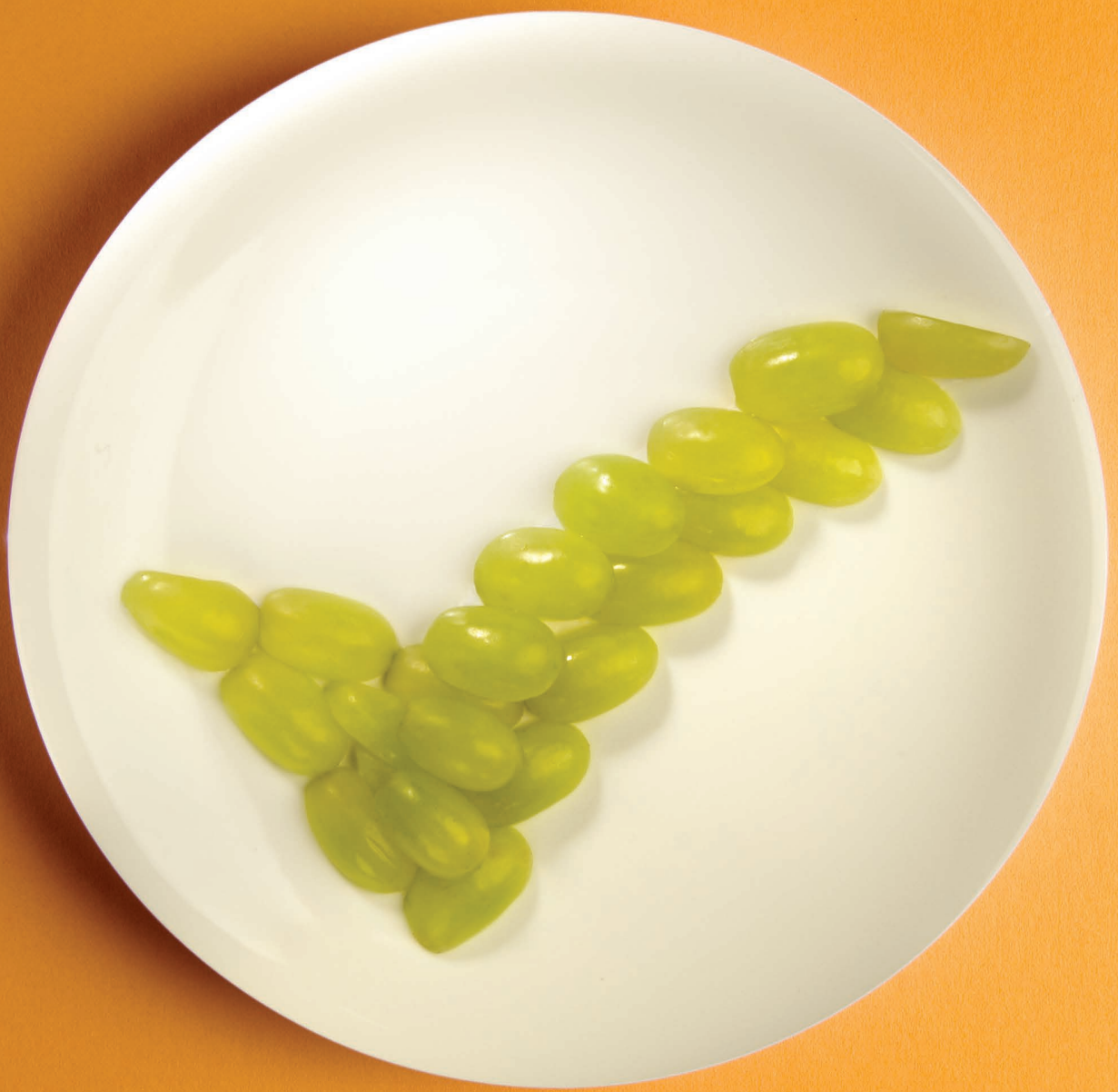
Friends



Security



Difference



Health



Family



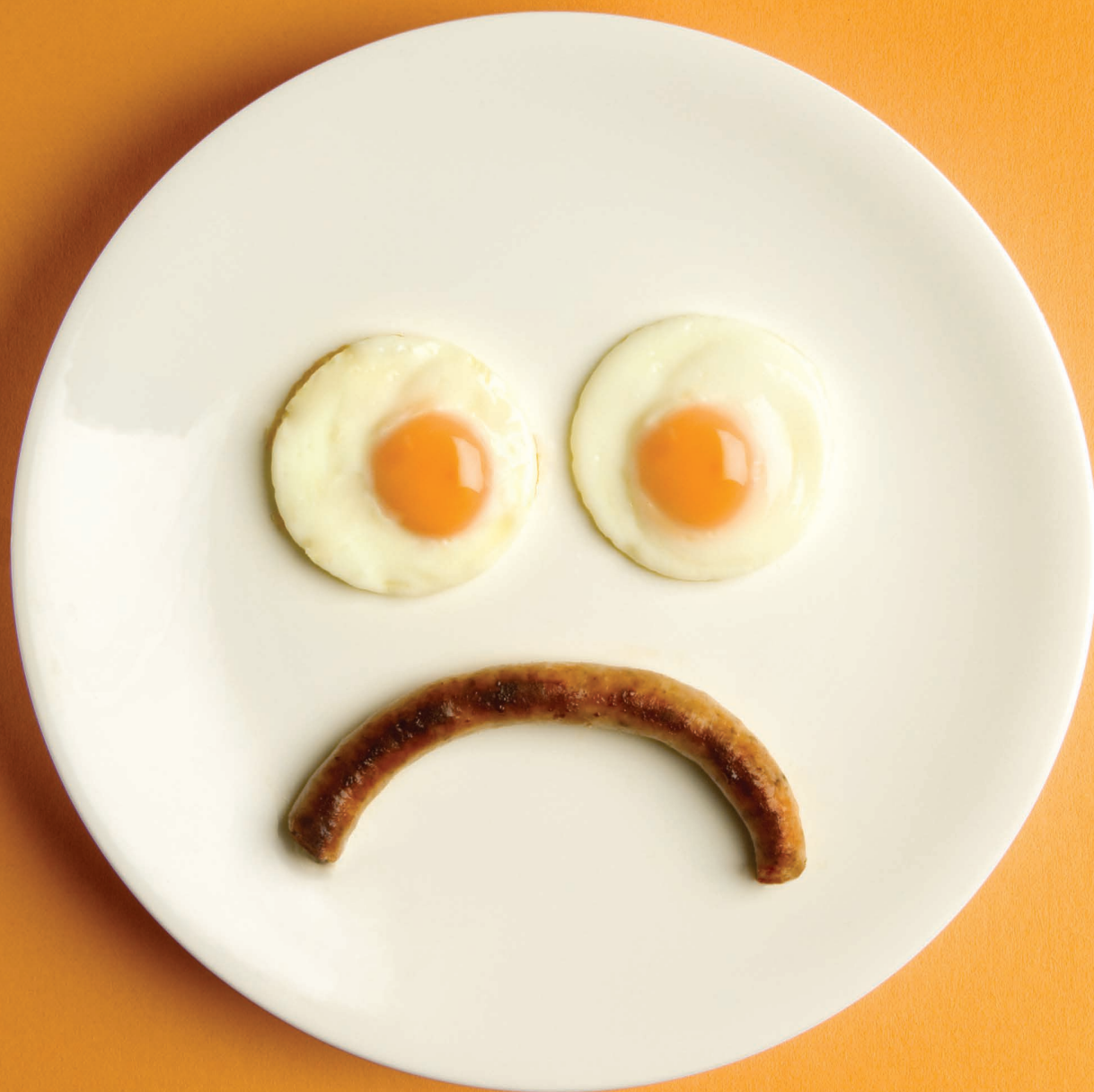
Death



Opportunity



Money



Sadness



Focus



Happiness



Roles



Disasters



Celebration



Surprises



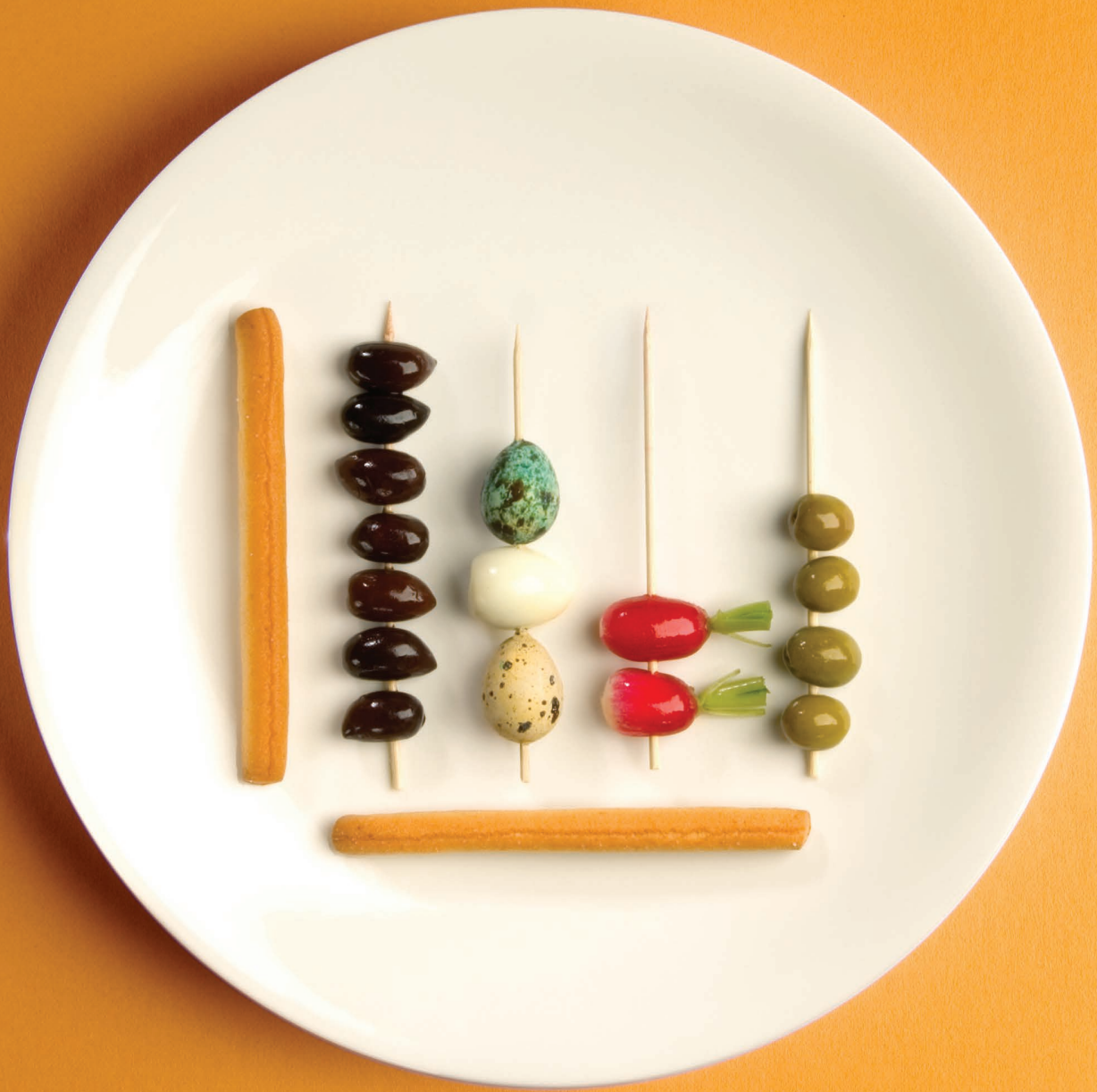
Work



Learning



Challenges



Values



Change



Success



Mess

I can take control – not allow anyone or anything to control me. I have the right to choose

I can give myself some time to think – no need to panic but invest some time in this to listen to myself and my gut feelings – I'm the one who knows me the best so trust and believe in myself

I can do this – if it matters enough to me and I care about it enough then I can do it

I can build on what I have experienced so far. Whether good or bad I have learned lessons which I can use to now look forward and take my next steps

I can talk to others and ask for help when I am struggling – I can listen, get their views and input, not be afraid to say I am stuck but still make my own decisions on what I want to do

ican...

I can make mistakes and not get it right all the time – that is how I'm going to learn and grow by not getting it right all the time but by learning how I might do it differently next time

I can enjoy the journey – see this as an adventure that I am having which will enable me to do what I love, using what I am good at, with people who I care about, for a purpose I believe in and have a great time along the way

I can try different things out to find out if I like it – only then can I truly know whether this might be for me or not

I can choose the way in which I want to do this – I can decide when and where and how

I can try things that may be a bit scary and out of my comfort zone – I can still choose to have a go or walk away