

DONT QUIT MANTRAS

ONE STEP AT
A TIME



I HAVE MET
CHALLENGES LIKE
THIS BEFORE AND
SUCCEEDED

BRAVE MEANS TO
TRY EVEN IF YOU
ARE SCARED

I CAN BREAK
THIS INTO
STEPS



I CAN FIGURE
THIS OUT

BREATHE



REPEAT, I
CAN DO THIS

CHALLENGES
HELP MY BRAIN
GROW

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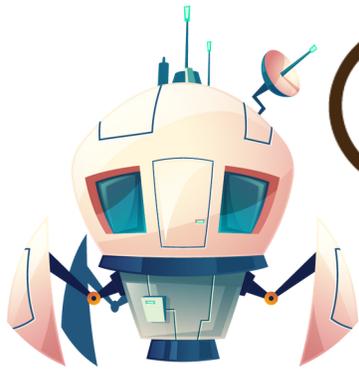
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