

Ladder of Achievement

I Did !

I Will !

I Can !

I Think I Can !

I Might !

I Think I Might !

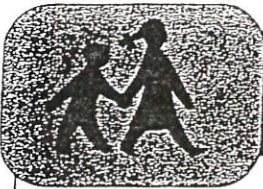
What is It?

I Wish I Could !

I Don't Know!

I Can't !

I Won't !



MESSAGES FROM ME TO ME

"I'm a good person."

"I deserve to be treated with kindness and respect."

"I'm special and unique."

"I'm creative and talented."

"I can set goals and reach them."

"I can solve problems."

"I can ask other people for help."

"I have a right to be imperfect."

"I have a right to make mistakes."

"Everyone makes mistakes."

"I can learn from my mistakes."

"I'm valuable and worthwhile . . . just the way I am."

"I can get through this."

"I'm learning and growing."

"I'm not alone."

"I'm okay."

"I'm strong and capable."

"Even if I don't feel so great right now, I'll feel better soon."

"I can be patient with myself."

"I can manage."

"I can cope."

"I can do this."

"I can succeed."

"I can try again."

"I can expect the best of myself."

"I'm brave and courageous."

"I believe in myself."

"I'm not afraid."