



Take Control. Be Your Best. One Day at a Time.

Young Explorers

What do you do when you lose your confidence? Are you willing to think about the situation and try again? Do you believe that if you try again things will turn out different?

It's time to be an explorer. Ask yourself a few questions about the thing that bothers you.

1. What would it feel like to... (fill in the blank with what you want)

2. Why is it important to me to... (fill in the blank with what you want)

3. What would change if I ... (fill in the blank with what you want)