

FRUSTRATION MONSTER

MAKES THINGS FEEL TOO HARD

KEEP
CALM
YOU
GOT THIS!

1. "This is
so stupid!
I hate this!"

2. "I can't
do it!
It's too hard!"

3. "Just quit!
You'll never
get better!"

4. "It's not
fair!
Everyone else
is better
than you!"

5. "You're
wasting your time!
You'll never
figure it out!"

TAKE A BREAK... BREATHE... TRY AGAIN!
YOUR PERSONAL POWER GROWS WHEN YOU KEEP TRYING.