

FRUSTRATION MONSTER

MAKES THINGS FEEL TOO HARD

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.