

The GUILT MONSTER

YOU ARE ENOUGH!
♥

It's my fault.

I should have done better.

People might be mad at me.

I can't forgive myself.

I always mess things up.

I'm not good enough.

MISTAKES HELP US LEARN!
♥

The Guilt Monster wants your **PERSONAL POWER!**

Try These:

- ✓ Be kind to yourself.
- ✓ Remember, everyone makes mistakes.
- ✓ Tell the truth.
- ✓ Make it right when you can.
- ✓ Let it go and move forward.

PERSONAL POWER GROWS WHEN YOU CHOOSE TO LEARN AND TRY AGAIN!

Search Mike Canfield on Amazon for his Personal Power coloring books!