

# The GUILT MONSTER

YOU ARE ENOUGH!  
❤️

MISTAKES HELP US LEARN!  
❤️

It's my fault.

I can't forgive myself.

I should have done better.

I always mess things up.

People might be mad at me.

I'm not good enough.

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!