

The HOPELESSNESS MONSTER

BRIGHTER
DAYS
ARE
AHEAD!
♥

YOU
ARE
NOT
ALONE!
♥

Nothing
will ever
get better.

Why even
try?

I'm
all alone.

No one
really cares
about me.

It will always
be this way.

I can't
change
anything.

I'll never
be good
enough.

There's
no hope
for me.

I'll just
mess it up
again.

The future
is too hard.

STAY CONNECTED

IT CAN GET BETTER

YOU ARE NOT ALONE

THERE IS HOPE

YOU MATTER

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

Take Back Your Personal Power:

- 1 Notice the hopeless thoughts.**
I can recognize when the Hopelessness Monster is whispering.
- 2 Reach out to someone.**
I can talk to a parent, teacher, friend, or trusted adult.
- 3 Remember things can change.**
Feelings are temporary, and situations can get better.
- 4 Take a small step.**
I can do one small thing right now, even when it feels hard.
- 5 Focus on what gives me hope.**
I can think about the people, places, and things that help me feel better and keep moving forward.

**PERSONAL POWER GROWS
WHEN YOU CHOOSE TO KEEP GOING!**

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