

The HOPELESSNESS MONSTER

BRIGHTER DAYS ARE AHEAD! ❤️

YOU ARE NOT ALONE! ❤️

Nothing will ever get better.

I can't change anything.

Why even try?

I'll never be good enough.

I'm all alone.

There's no hope for me.

No one really cares about me.

I'll just mess it up again.

It will always be this way.

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!