

The IMPATIENCE MONSTER

GOOD THINGS TAKE TIME! YOU CAN DO IT!

Hurry up! I want it now!

This is taking too long!

I can't wait!

Why do I have to be patient?

It's not fair!

I just want things to be done already!

I get so restless!

I can't sit still!

Why is everything so slow?

I have to go first!

I lose my temper when I have to wait.

I want to do it my way, right now!

TAKE A DEEP BREATH

SLOW DOWN

GOOD THINGS TAKE TIME

BE FLEXIBLE

PATIENCE BUILDS SUCCESS

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

Take Back Your Personal Power:

- 1 Notice the impatience.**
I can feel when I'm getting impatient.
- 2 Pause and breathe.**
I can take three deep breaths and slow my body down.
- 3 Be flexible.**
I can try a different plan and be open to new ideas.
- 4 Focus on what I can control.**
I can choose my attitude while I wait.
- 5 Practice patience.**
I can remember that good things take time, and I can do hard things!

PERSONAL POWER GROWS WHEN YOU CHOOSE PATIENCE!

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