

The OVERWHELM MONSTER

IT'S OK
TO TAKE
ONE SMALL
STEP!
♥

There's
too much
to do!

I'll never
get it all
done!

I don't even
know where
to start!

It's all
happening
at once!

YOU
CAN
DO
THIS!
♥

I just
can't handle
this!

Everything
feels like
too much!

BREATHE
BREAK IT DOWN
ASK FOR HELP
FOCUS ON ONE THING
PROGRESS MATTERS

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

Take Back Your Personal Power:

- ① **Pause and breathe.**
I can take three deep breaths to calm my body.
- ② **Break it into smaller steps.**
I can focus on one thing at a time.
- ③ **Make a plan.**
I can write down what needs to be done.
- ④ **Ask for support.**
I can talk to a parent, teacher, or friend.
- ⑤ **Celebrate my progress.**
I can be proud of each small step I take.

**PERSONAL POWER GROWS
WHEN YOU CHOOSE TO TAKE IT ONE STEP AT A TIME!**

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