

YOU
ARE
WORTHY!
JUST AS
YOU ARE!



The SHAME MONSTER

There's
something
wrong with
me.

I'm not
good
enough.

If they really
knew me, they
wouldn't like me.

I always
mess
things up.

I don't
deserve
to be loved.

I should
be better
than this.

SELF-KINDNESS
TELL THE TRUTH
TALK TO SOMEONE
LEARN AND GROW
YOU ARE ENOUGH

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

Take Back Your Personal Power:

- 1 **Remember: Everyone makes mistakes.**
A mistake is something you did,
not who you are.
- 2 **Be kind to yourself.**
Talk to yourself the way you would
talk to a good friend.
- 3 **Tell the truth.**
It's okay to admit what happened.
- 4 **Talk to a safe person.**
Share your feelings with someone
you trust.
- 5 **Focus on what you can do now.**
You can learn, make it right, and keep moving
forward.

**PERSONAL POWER GROWS
WHEN YOU CHOOSE KINDNESS AND TRUTH!**

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