

# The SHAME MONSTER

YOU  
ARE  
WORTHY!  
JUST AS  
YOU ARE!  
❤️

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!