

The STUBBORNNESS MONSTER

LISTEN
THINK
CHOOSE
GROW
YOU
CAN DO IT!
♥

You can't
make me!

I know
better!

I won't change
my mind!

It's my
way or
no way!

You're
not the boss
of me!

I'll do it
later!

I don't
need help!

Everybody
just wants
to control me!

You're
wrong!

I'll keep
doing what
I want!

STOP AND THINK

LISTEN TO OTHERS

FLEXIBLE THINKING

TRY A NEW WAY

YOU CAN CHOOSE

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

Take Back Your Personal Power:

- 1** **Pause and breathe.**
I can calm my body when I feel stuck.
- 2** **Listen to others.**
I can hear what someone else is saying,
even if I don't agree.
- 3** **Be open to a new idea.**
I can try a different way and see what happens.
- 4** **Choose what's best.**
I can think about what will help me in the long run.
- 5** **Use flexible thinking.**
I can remember that there can be more
than one good way.

**PERSONAL POWER GROWS
WHEN YOU STAY OPEN TO NEW IDEAS!**

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