

The WORRY MONSTER

What if something bad happens?

What if I can't handle it?

What if people don't like me?

What if I make a mistake?

What if things never get better?

BREATHE

PLAN

ASK FOR HELP

I CAN DO THIS

STAY POSITIVE

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

Take Back Your Personal Power:

- ① **Notice it.**
I can name what I'm feeling.
- ② **Breathe.**
Three deep breaths help me calm my body.
- ③ **Focus on what I can control.**
I can take one small step.
- ④ **Ask for support.**
I can talk to a safe adult or friend.
- ⑤ **Choose a helpful thought.**
I can remind myself, "I can handle this!"

**PERSONAL POWER GROWS
WHEN YOU CHOOSE TO FACE YOUR WORRIES!**

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