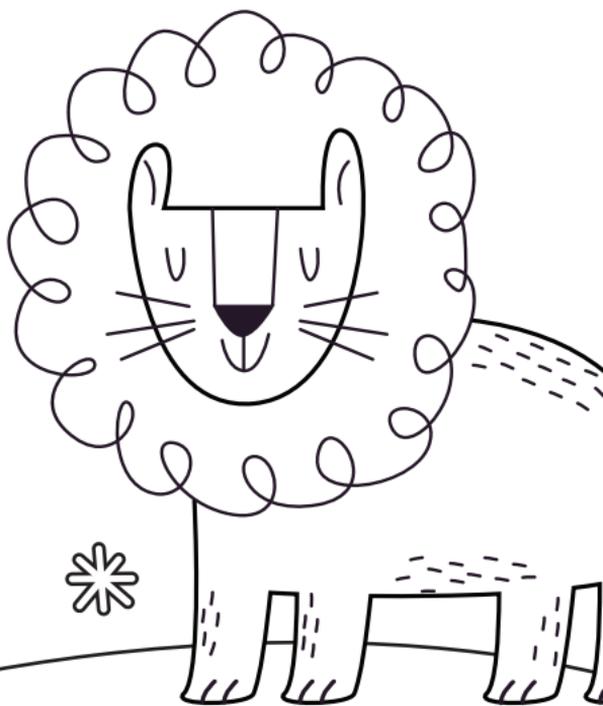


I HAVE **COURAGE**

*You'll always miss
100% of the shots
you don't take.*

WAYNE GRETZKY



PSYCHOLOGY CANADA

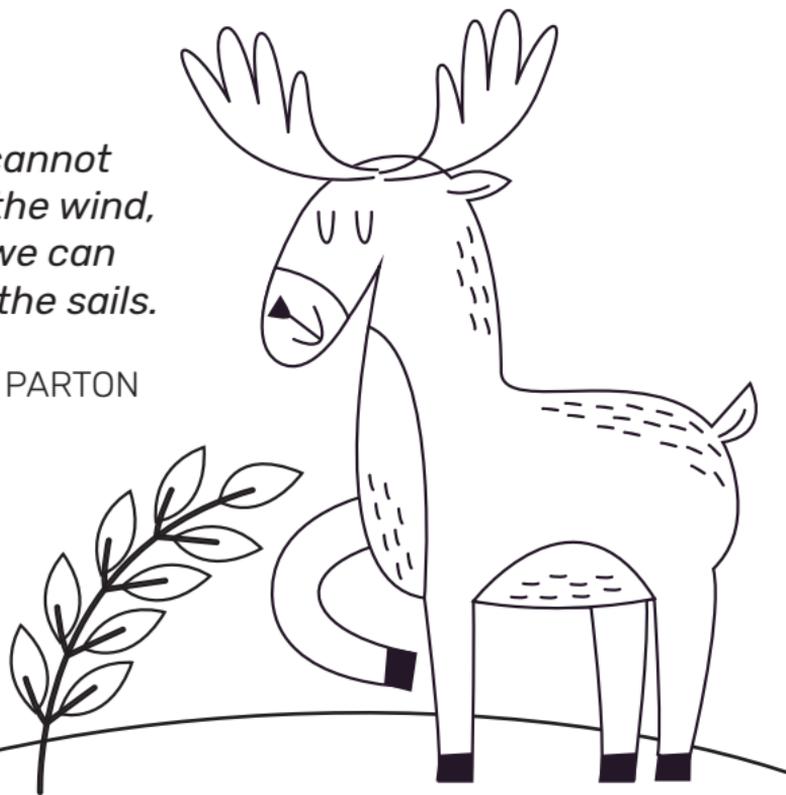
What is the bravest thing
you have done this year?

From The Psychology Foundation of Canada

I AM MINDFUL

*We cannot
direct the wind,
but we can
adjust the sails.*

DOLLY PARTON

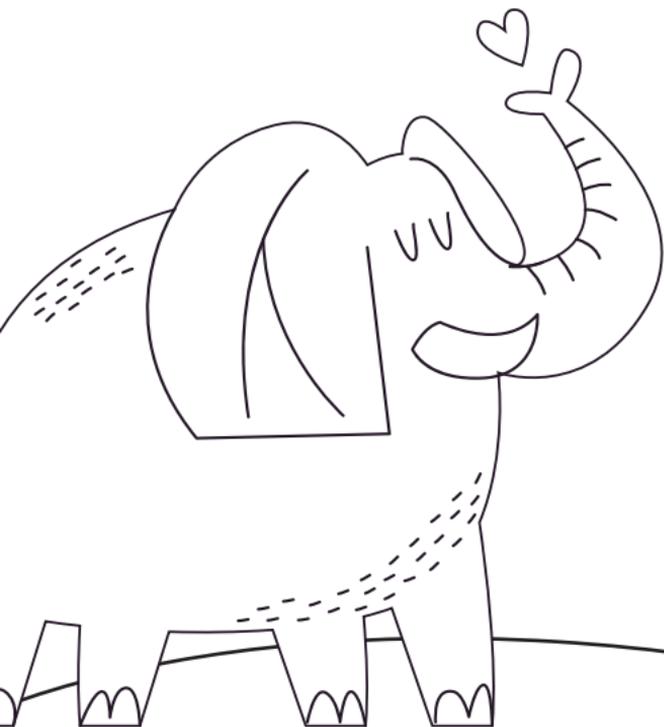


PSYCHOLOGY CANADA

Pause and reflect.
What do you have
control of right now?

From The Psychology Foundation of Canada

I LOVE MYSELF



*The privilege
of a lifetime
is being who
you are.*

JOSEPH
CAMPBELL

What are the qualities you
bring to your friendships?
Make sure you bring those
traits to yourself and be your
own best friend!



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From The Psychology Foundation of Canada

I AM POSITIVE



*You may not control
all the events that
happen to you, but you
can decide not to be
reduced by them.*

MAYA ANGELOU



PSYCHOLOGY CANADA

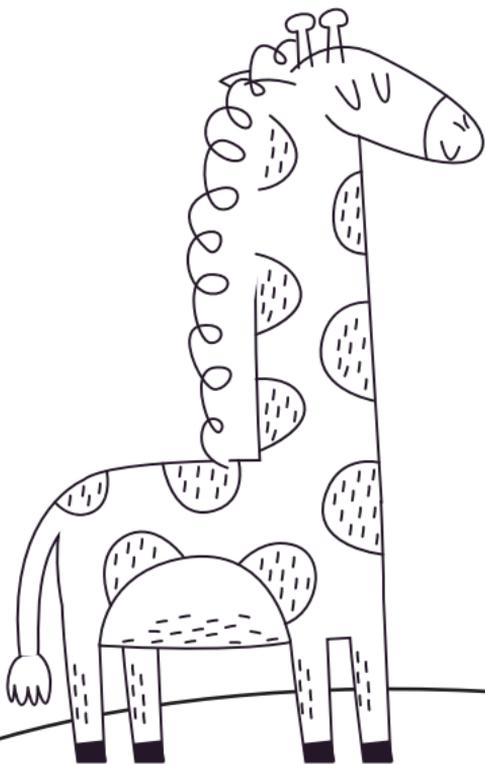
Does school look different
to you this year?
What do you like about it?

From The Psychology Foundation of Canada

I AM THANKFUL

Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.

A.A. MILNE
IN WINNIE-THE-POOH



PSYCHOLOGY CANADA

From The Psychology Foundation of Canada

What are you grateful for?
Who do you appreciate?
How do you show how
thankful you are?