

Think BEFORE YOU SPEAK

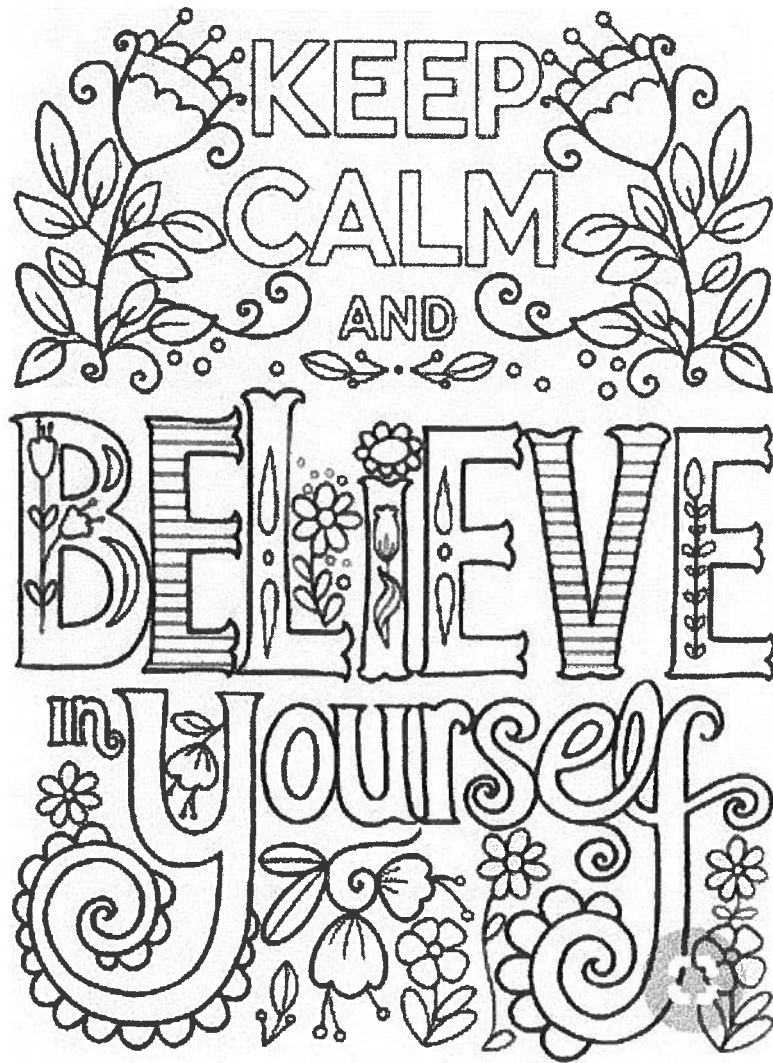
T - Is it **T**RUe

H - Is it **H**ELPful

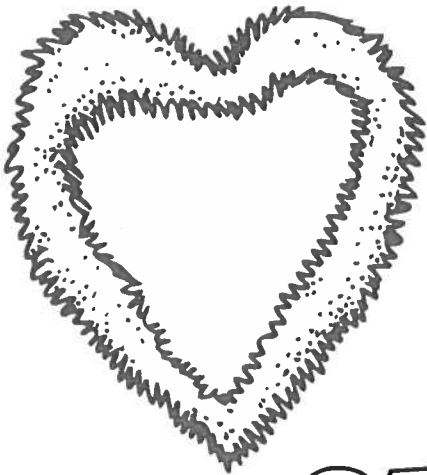
I - Is it **I**NSPIRING

N - Is it **N**ECESSARY

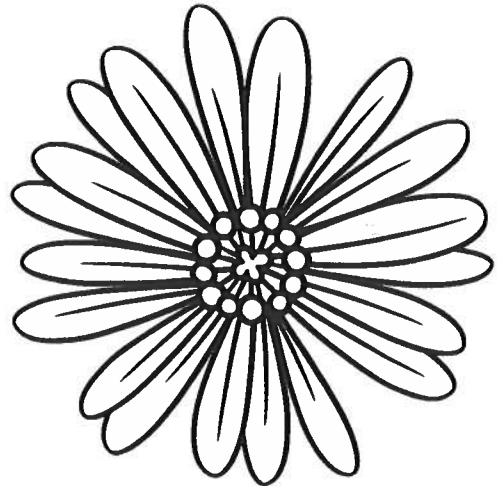
K - Is it **K**IND



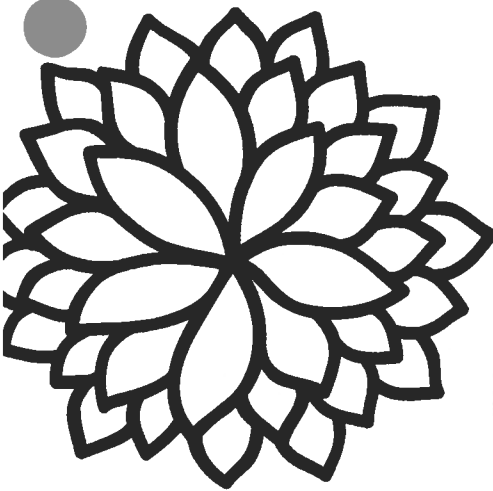
POSITIVE SELF



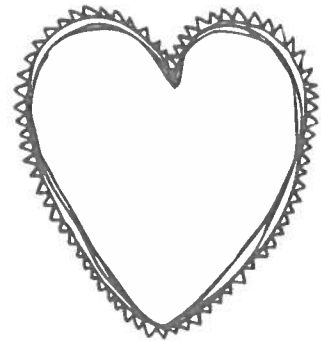
TALK



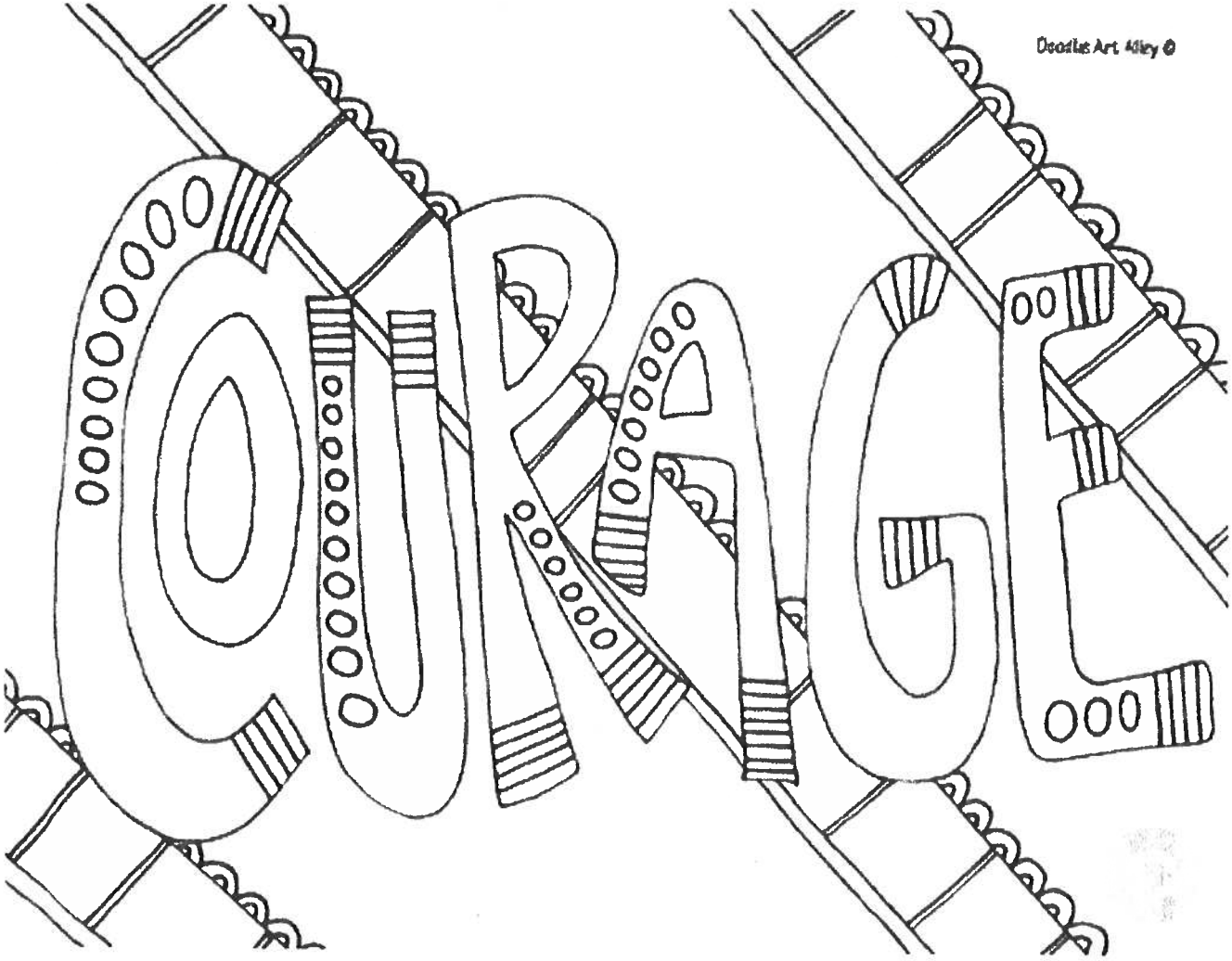
STRENGTHENS



**OUR SELF
WORTH**



Doodle Art Alley ©




BRAVE
BOULDER
YOUR

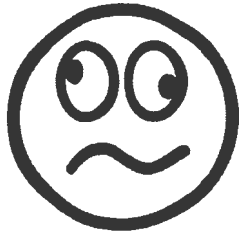
kimberly.persimmonart.com



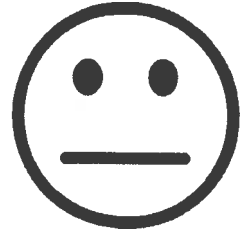
**NEVER TRUST
YOUR FEARS.**



**THEY DON'T
KNOW YOUR
STRENGTH.** 



IT'S



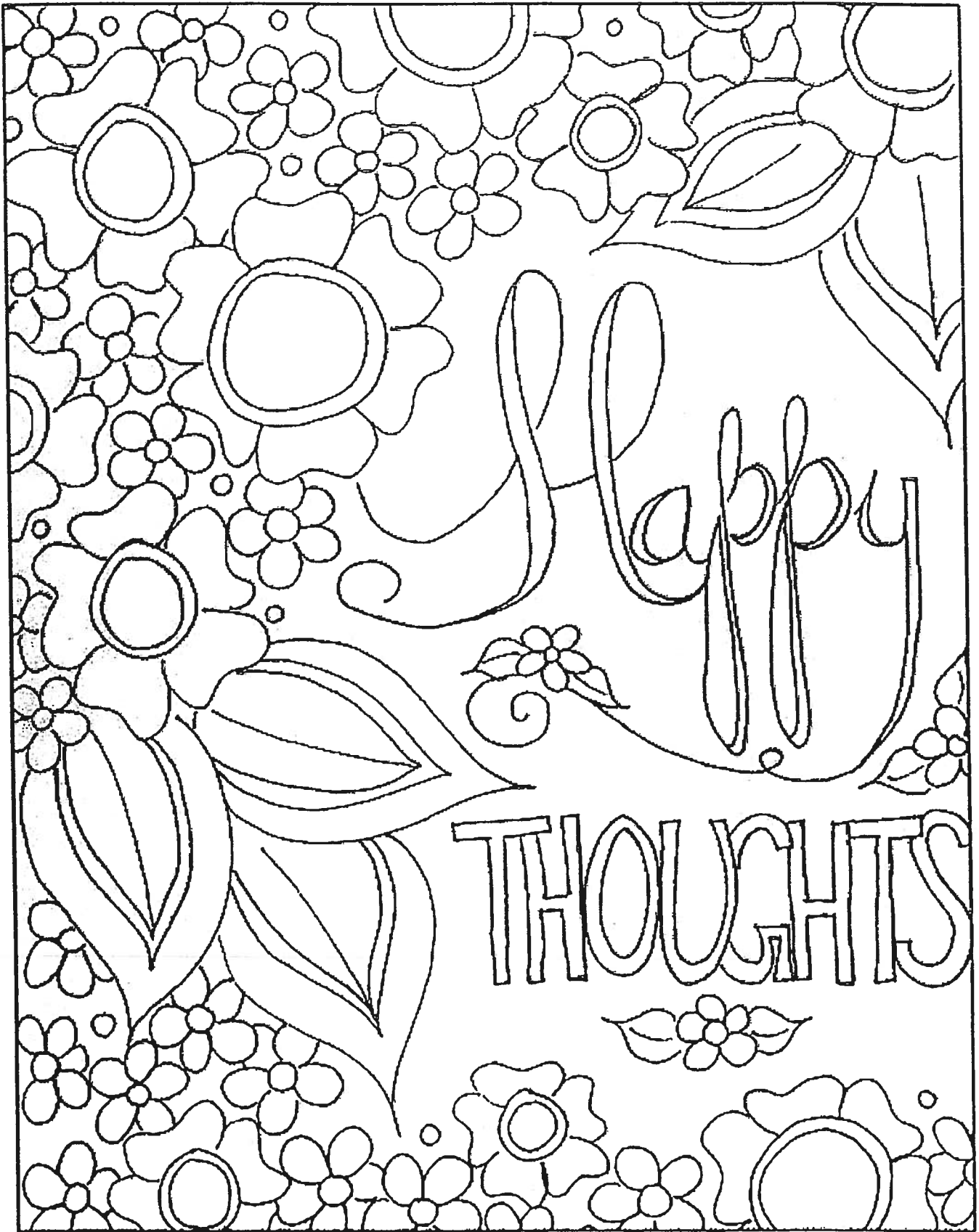
OK

THAT

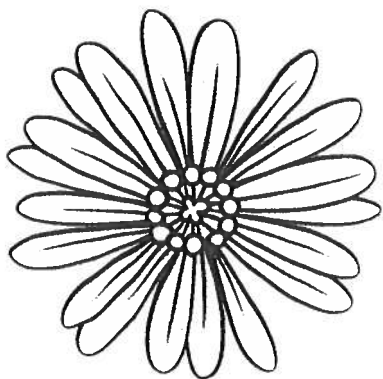


I

FEEL...

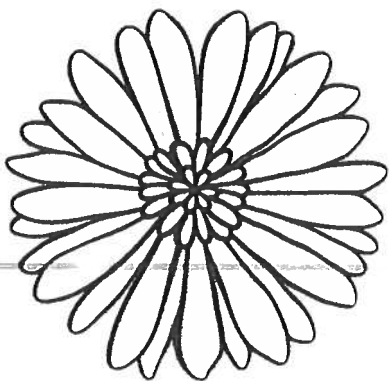
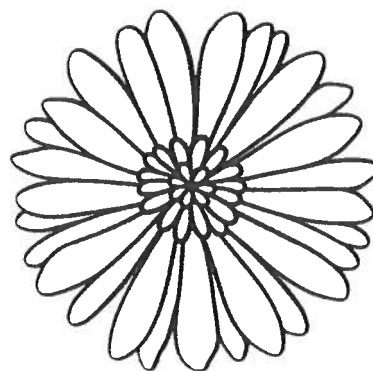


...EVERY SINGLE DAY...

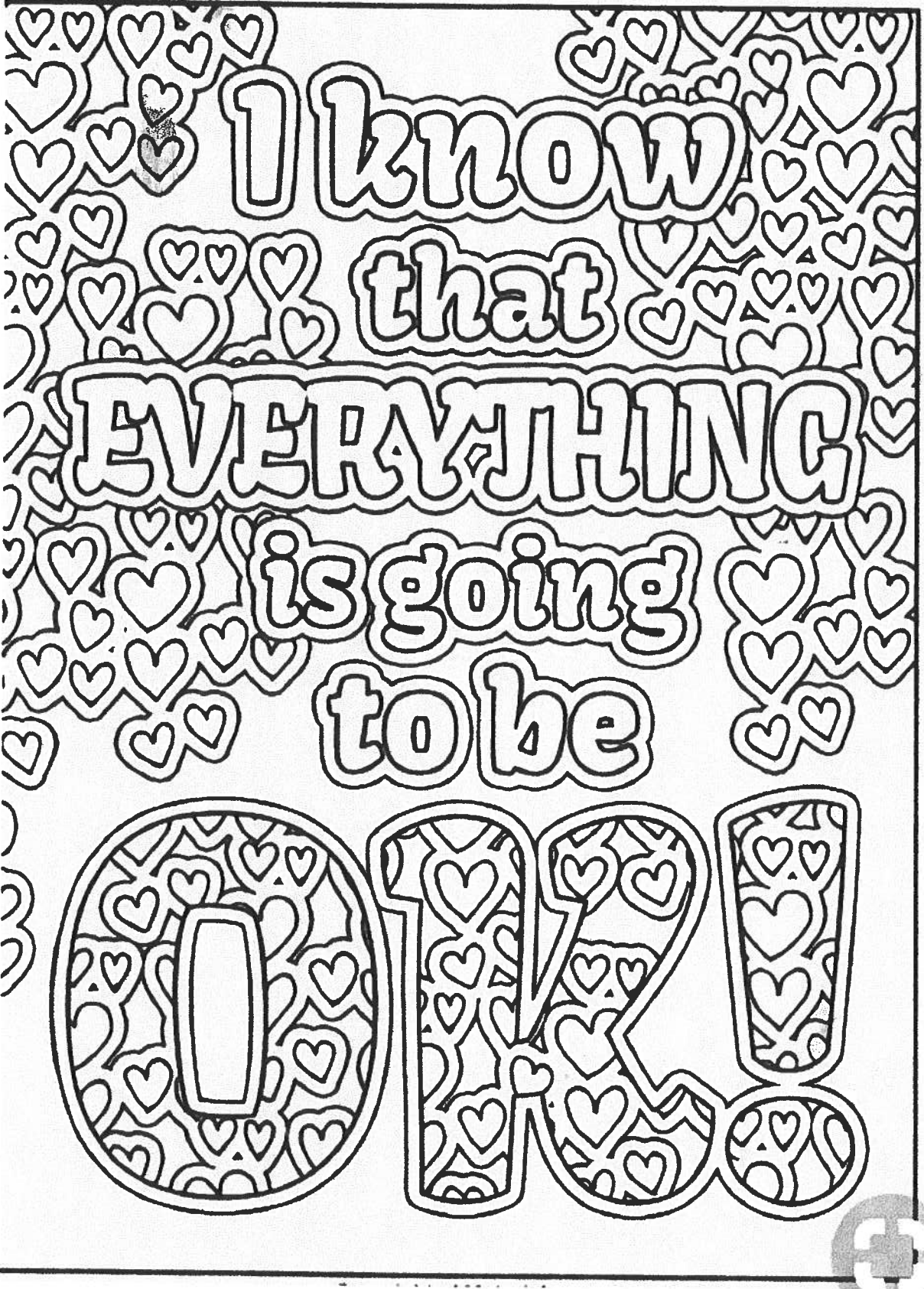


YOU

ARE



ENOUGH



I know

that

EVERYTHING

is going

to be

OK

**THE DIFFERENCE
BETWEEN SHAME AND
GUILT IS THE
DIFFERENCE**

BETWEEN

**"I AM BAD"  AND
"I DID SOMETHING
BAD" **

You Have Brains
in Your Head. You
Have Feet In
Your Shoes. You
Can Steer Yourself
any Direction
You Choose.

**IF YOU
WOULDN'T SAY
IT TO A FRIEND,**



**DON'T SAY IT TO
YOURSELF!**

