WE ARE SAFE

DEVELOP POSITIVE

NUMBELATIONSHIPS WITH VAN

YOURSELF

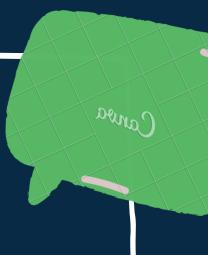
#1 be honest and truthful with yourself



#2

believe and trust in yourself

#3 be kind to yourself and be patient



#4

help others and you will feel good about yourself

#5 positive relationships will give you a positive mindset

