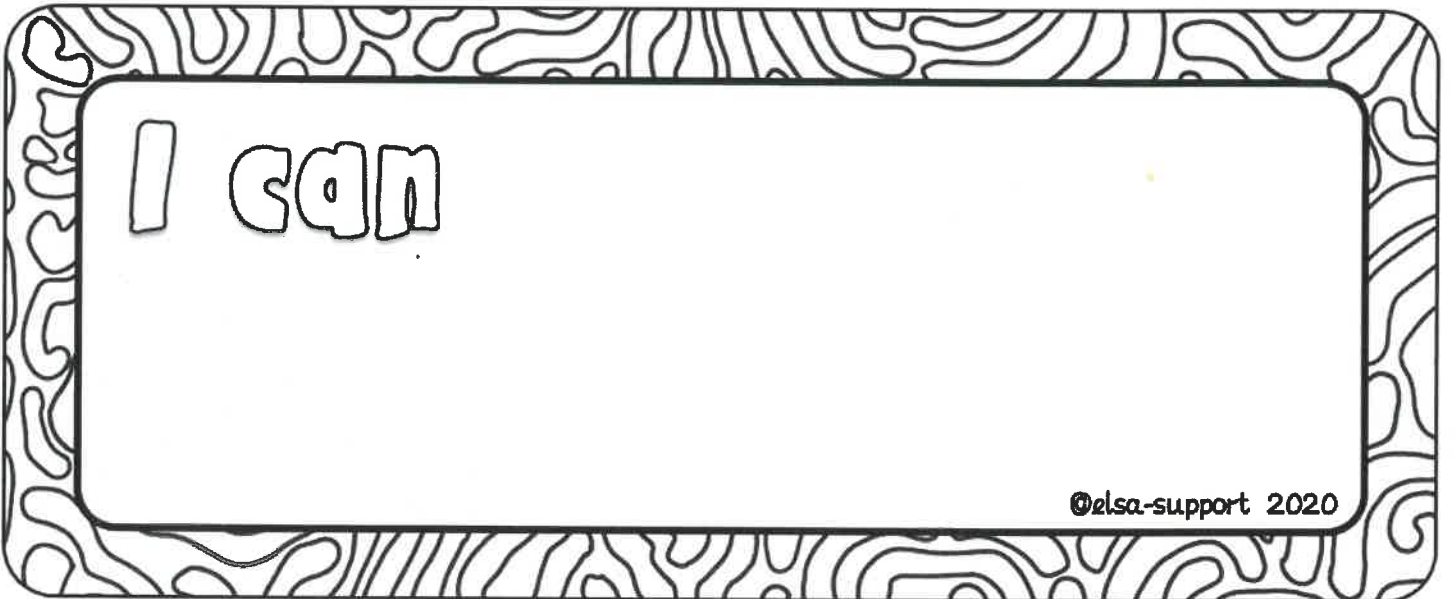
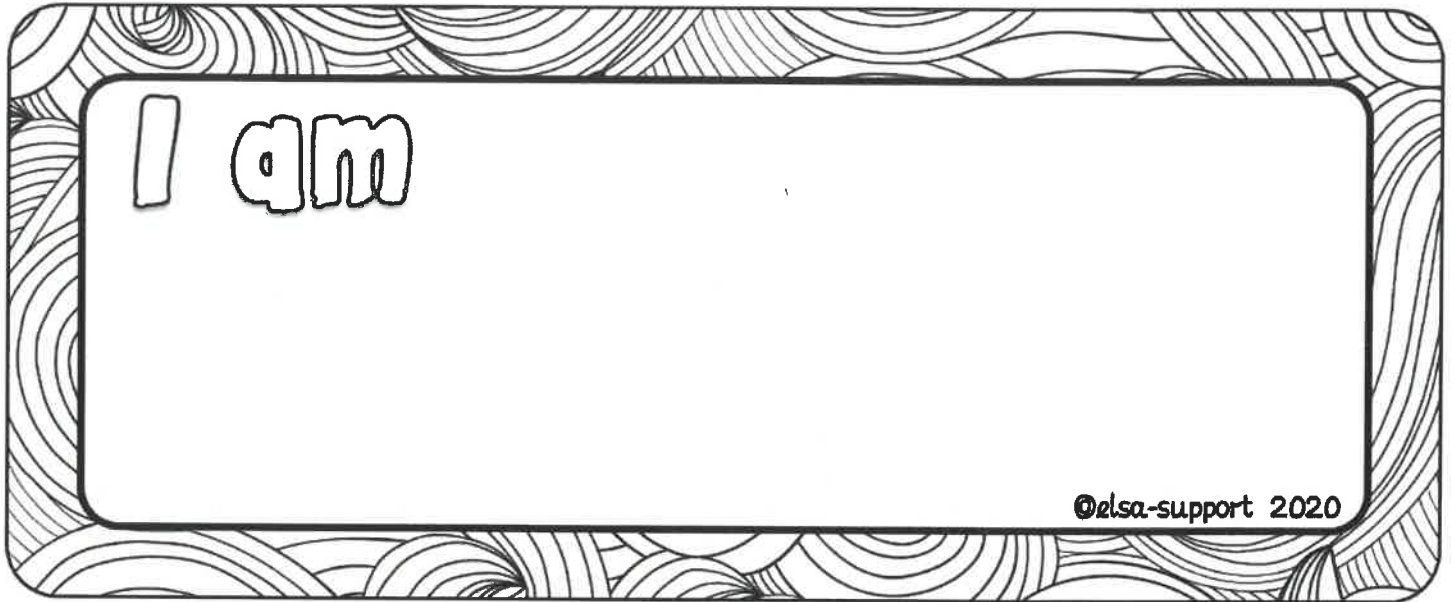




AFFIRMATIONS

Can you write an 'I am and I can' statement. Write it in bubble writing if you can. Colour the affirmation and then laminate it. Put it in your Wellbeing pocket. Read it daily to remind yourself.