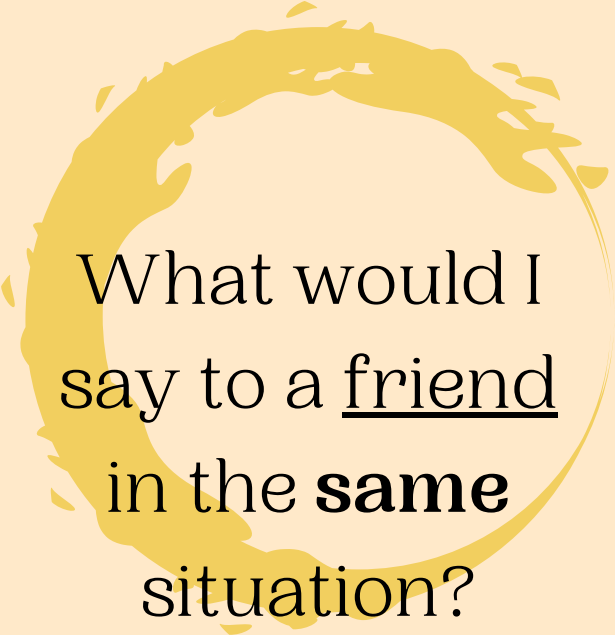
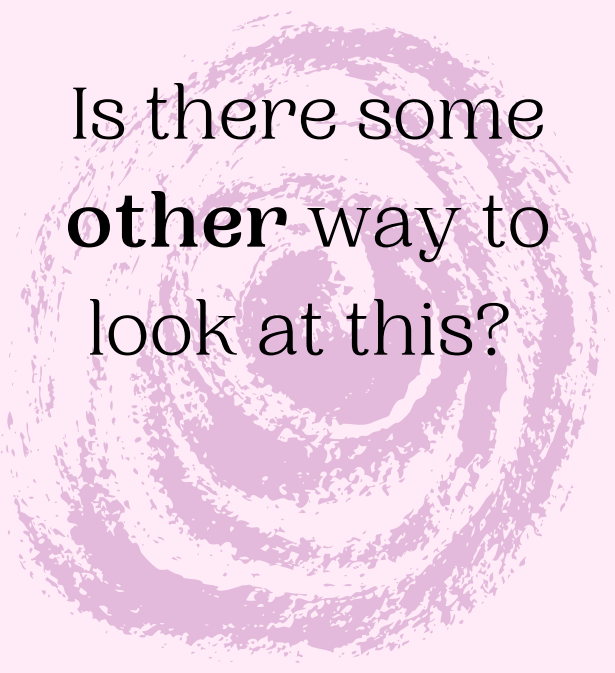


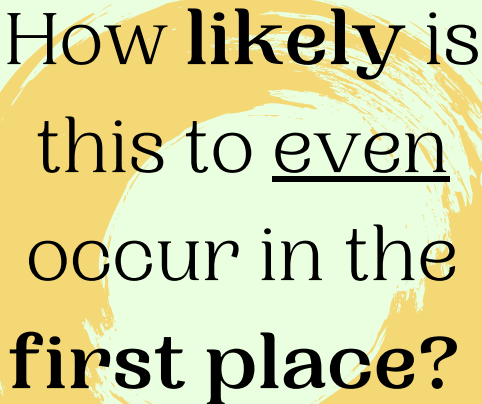
Is this **true** or  
am I making  
assumptions?



What would I  
say to a friend  
in the **same**  
situation?




Is there some  
**other** way to  
look at this?

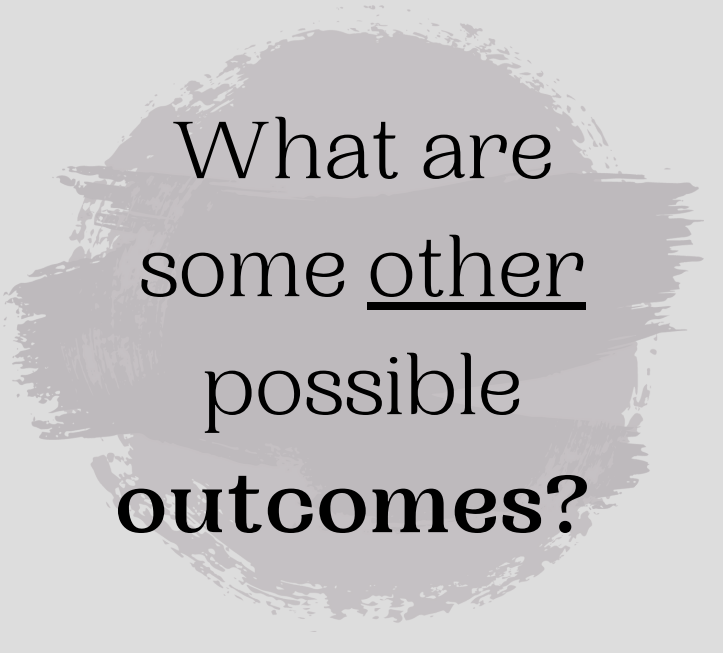


How **likely** is  
this to even  
occur in the  
**first place?**





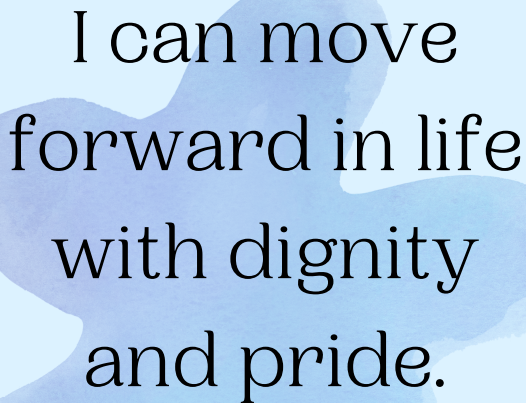
Will this  
**matter** long  
term?



What are  
some other  
possible  
outcomes?



How could I  
re-frame  
this thought  
in a way that  
**empowers**  
me?

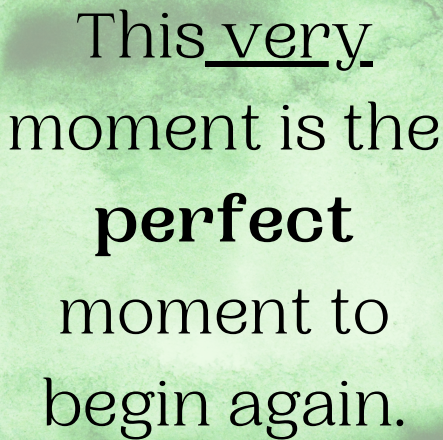


I can move  
forward in life  
with dignity  
and pride.

I can choose my destiny

The background is a light pink color with a large, hand-drawn pink circle in the center. There are several pink watercolor splatters and dots scattered around the circle, particularly in the top right and bottom left areas.

The rest of my  
life starts **Now**.  
I will live it well.



This very  
moment is the  
**perfect**  
moment to  
begin again.



I embrace  
**uncertainty.**

Life is best  
lived as a grand  
adventure.

I relinquish my need to control

I am **not**  
defined by  
past  
mistakes or  
regrets.



I choose to  
be **happy**,  
humble,  
fearless &  
free.