

As you try to change, remember:

1

It's OK

- Change is difficult because it is destabilizing. It causes you to do something that you are not familiar with.
- It is OK to ask for help if you feel stressed, fearful, or depressed.
- We are never truly alone. There are people that can help you see a vision of the future and understand how great you are.

2

Greatness Takes Time

- Book publishers rejected Dr. Seuss 27 times before his first book was accepted.
- "When KFC came to China for the first time, I was 1 of 24 people that applied. I was also the only one dismissed," Jack Ma, CEO, billionaire.
- Oprah's first boss told her she was too emotional and not right for television. She is the richest self-made woman in history.

3

Be Yourself

- "So the pie isn't perfect? Cut it into wedges. Stay in control, and never panic," Martha Stewart
- "One of the most important things you can accomplish is just being yourself," – Dwayne Johnson
- "Tension is who you think you should be. Relaxation is who you are," Chinese Proverb

Do this everyday for 5 days to remember your value:

1	Pick a couple of people that are close to you			
	Parent	Teacher	Coach	
	Sibling	Friend	Relative	
2	Ask each person: What is one positive thing I might not know about myself? Write their answers: 1			
3	below:	Jse answers on Question 2 to write "I am" statements		
	IAM			
	IAM			
	IAM			