



# The Power of Positive



In moments of doubt, try these strategies to remind yourself (and the children you care for) to practice self-love and remember: YOU MATTER!

## Celebrate your accomplishments

"Look at what I did! I'm proud of myself!"



## Be your own cheerleader

"I'm important and I matter."



## Keep a growth mindset

"This is hard, but I'm still learning.  
It will get easier."



## Try, try again

"I'm doing my best and I can try again."



## Notice your language



I can't



I can't...yet!