

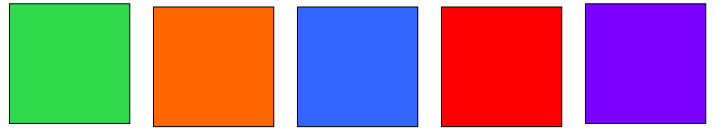
*“I am my own person, therefore I
choose the strategies that work
for me!”*

My Tools & Strategies Folder

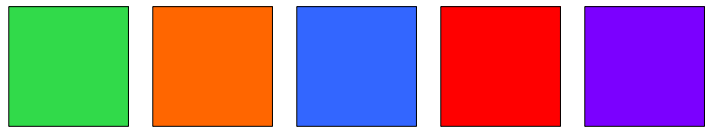
1. I'm feeling

2. What's not working?

3. How can I refocus?



4. What are some solutions that can help me?



1.

2.

3.

I'm not ready yet, who can help me?