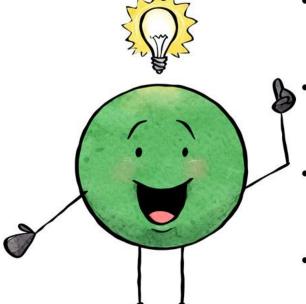




## ACTIVITIES





- Make a list of 3 things you CAN do and 1 thing you WISH you could do.
- Think about your wish and draw a BIG STAR on a piece of paper to write your wish
- Around your wish think of things that could help you to achieve this wish. Draw or write them down
- Now start making your wish come true. You can do this!

l wish | could...

Always have wishes and goals. It feels great!





## Affirmations





I can have wishes I can have goals I can have hopes I can have dreams I can have ambitions Look in a mirror and repeat these statements out loud every single day!



