



# When Things Aren't Going Right, What You Would Like to Leave Behind

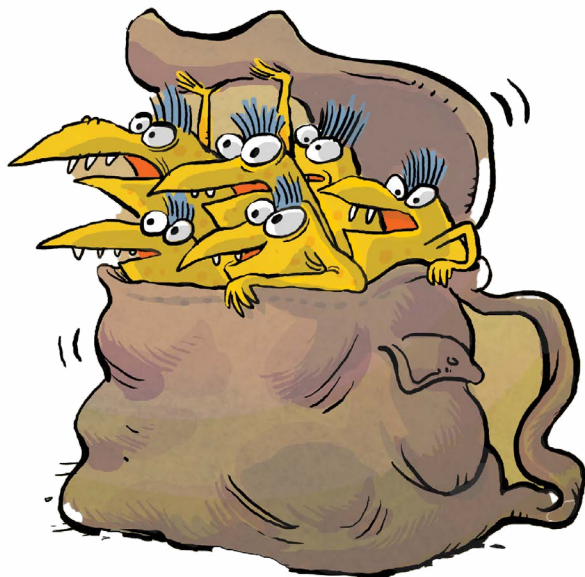
Check off what you would leave behind:



☐ **Worries**



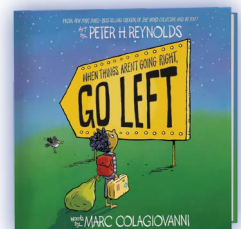
☐ **Doubts**



☐ **Frustrations**



☐ **Fears**



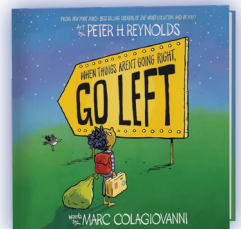
# Draw Yourself Activity

Draw yourself with the people who will help you when you're going through a tough time.



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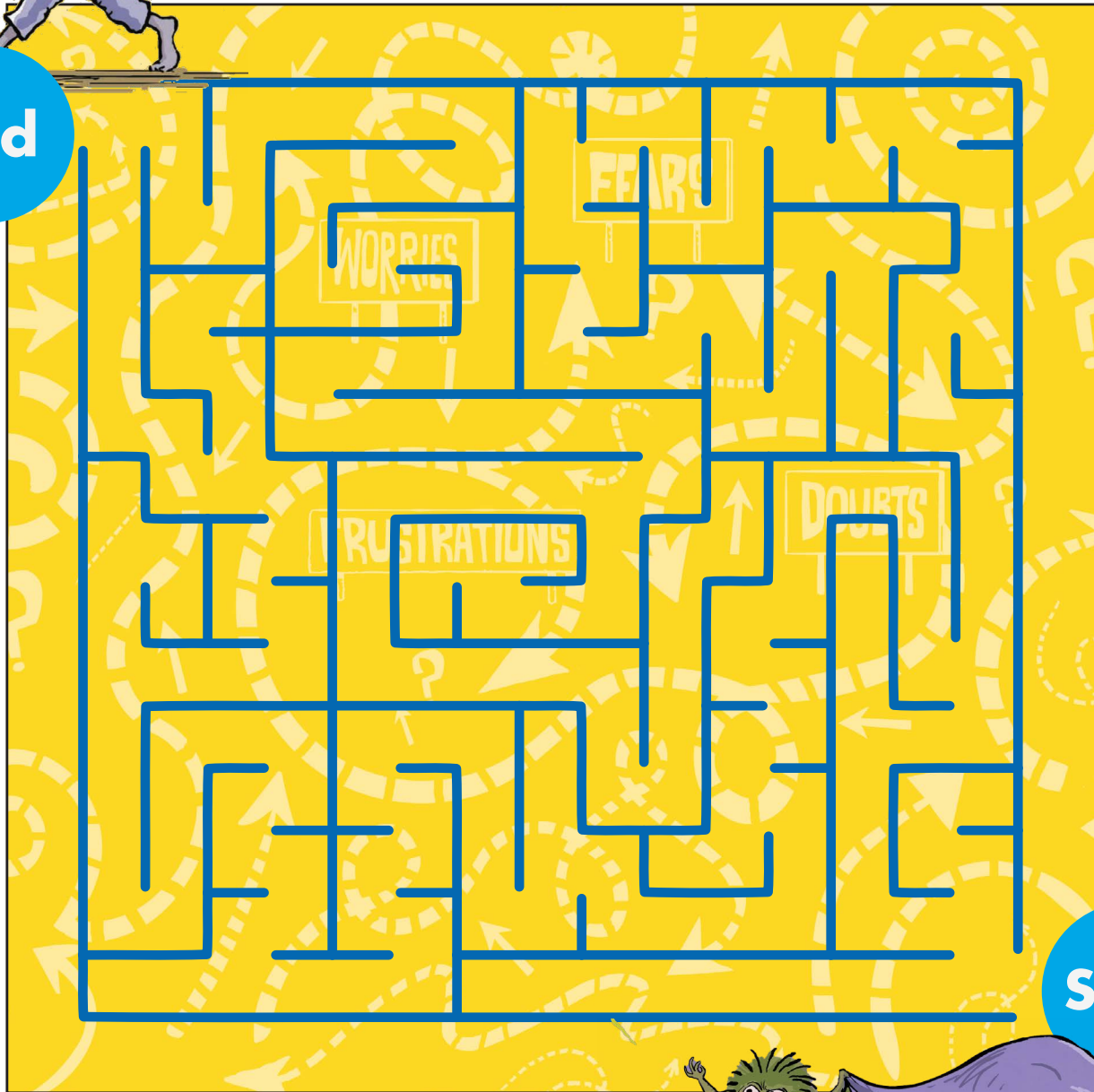


# Maze

Can you escape your doubts?



End



Start

