

# » Work Hard Eat Kind «

## All the Things I Have Going For Me

» Ask yourself...What do I have going for me? Write it here:

» What are ways I can remind myself? (Ex. Writing in dry-erase marker on my mirror, start a positivity board, post positive memes on Facebook, etc.)

» Who are the people I can reach out to if I need extra support?

» What blogs/websites/podcasts can I read or listen to that bring me to a more positive place? (I hope I'm on this list!)

\*Now... Go turn your can'ts into cans and turn your dreams into plans.\*  
Good luck! Keep on going. You never know what beautiful place you'll end up at.