

I Choose the Way I Want To Be

I can be miserable because it is a rainy day **OR** I can have a great day regardless of the weather ... **my choice**

I can be mad because the queue at the canteen is too long, and they might sell out of my favourite food **OR** I can wait and talk with some of my friends ... **my choice**

- People can only pull me down ... if I **choose** to let them
- People can only make me angry ... if I **choose** to let them
- People can only make me feel insecure ... if I **choose** to let them
- Nobody makes me feel bad about myself ... I **choose** how I feel
- Nobody gives me self-confidence ... I **give it to myself**
- Nobody stops me from being who I am ... I **choose**

I CAN BE ...

Happy or sad
Confident or shy
Succeed or fail
Kind or mean
Angry or calm
Impulsive or thoughtful
Motivated or discouraged
Hardworking or lazy
Polite or rude



THE CHOICE IS MINE

If I make excuses, blame someone else or come up with reasons for why I can't; or won't.

I lose

**If I create solutions, accept responsibility
Believe I can ... I will.**

I win ...

REMEMBER

For every choice we make there is a consequence

Pleasant or Unpleasant

