PERSEVERANCE

give extra effort to make it through to the end

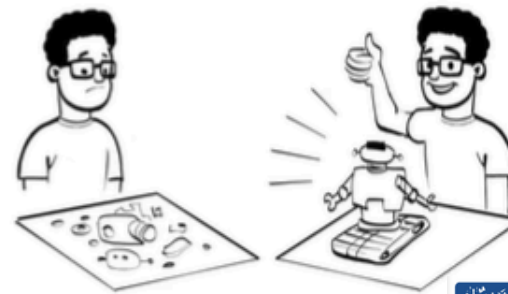PERSEVERANCE

1. GROW POSITIVE SELF-TALK

I CAN DO THIS!

2. GROW OUR EMPATHY

IT'S OKAY. TRY AGAIN.

3. GROW OUR RESILIENCE

FINISH STRONG