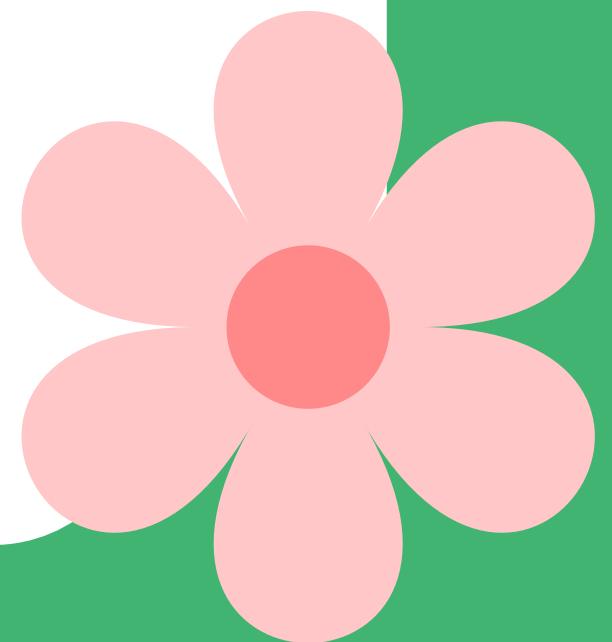
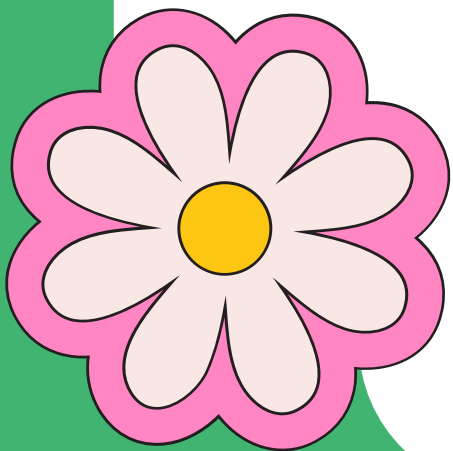
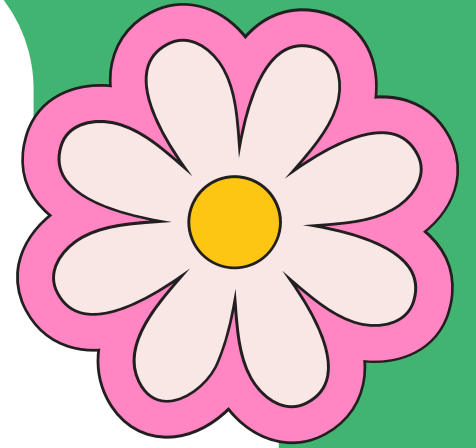
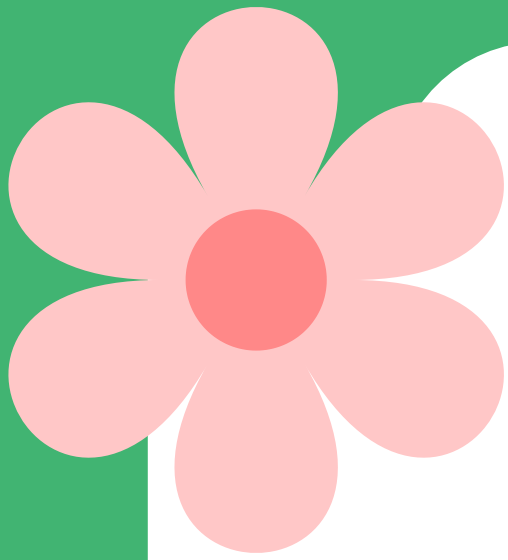
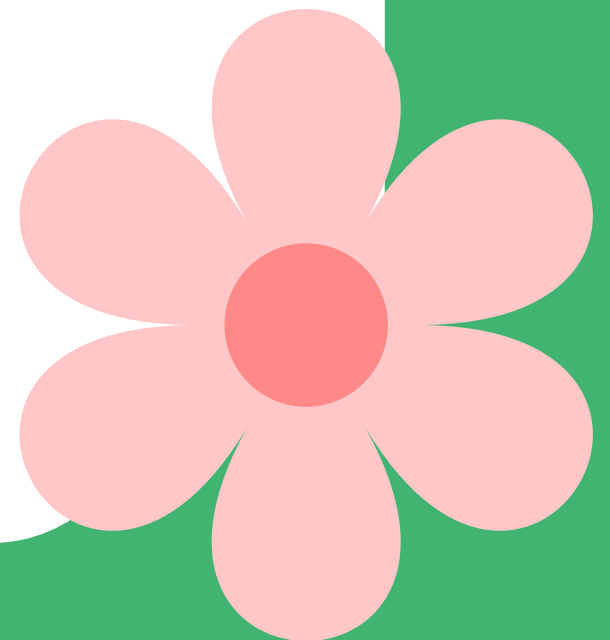
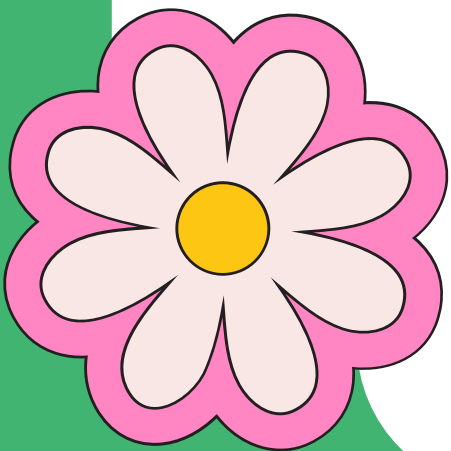


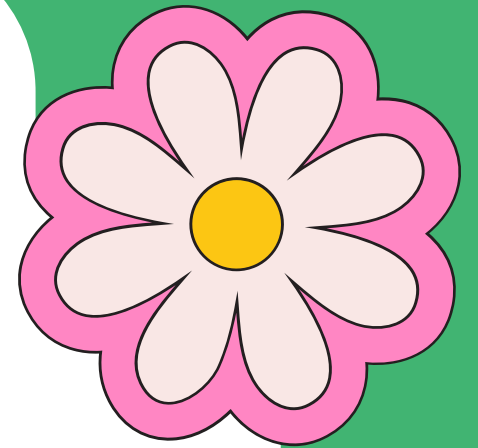
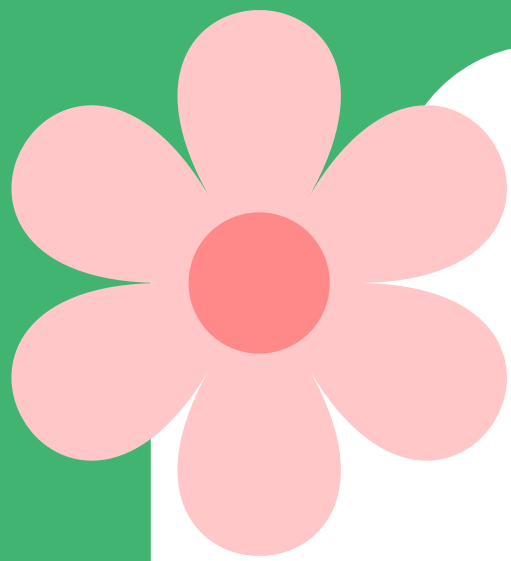
Self-Regulation and Resilience



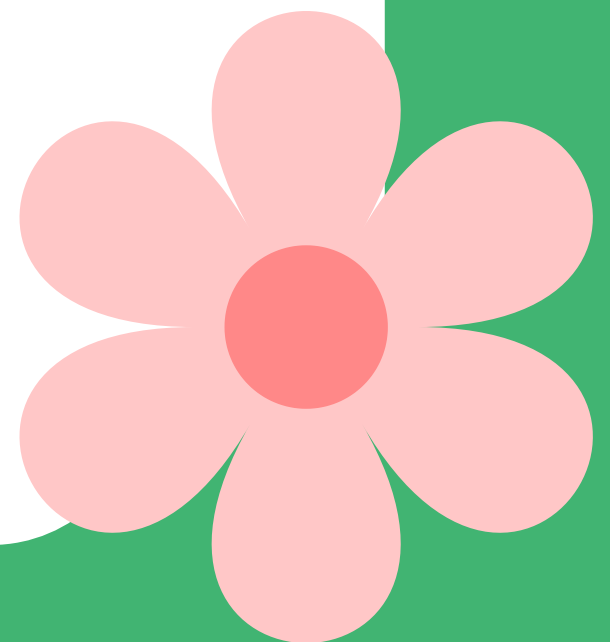
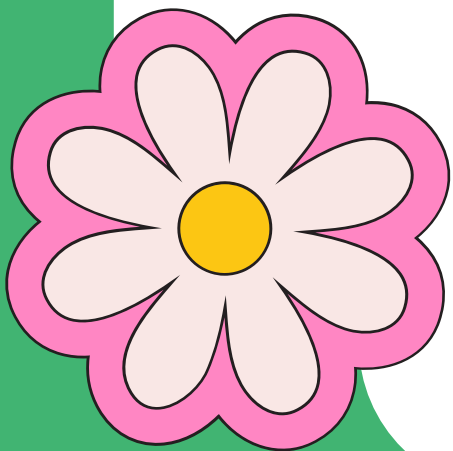


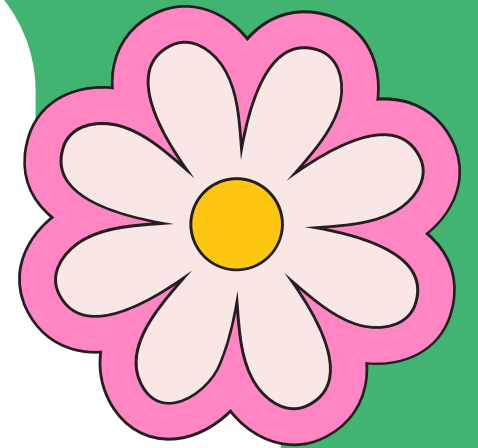
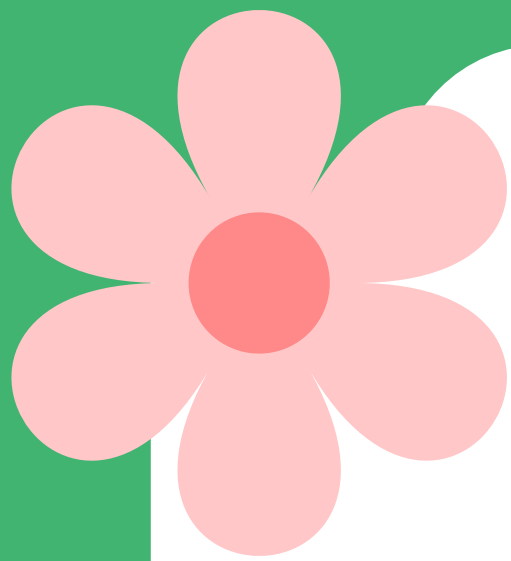
**I am resilient and
can overcome
setbacks with
determination.**



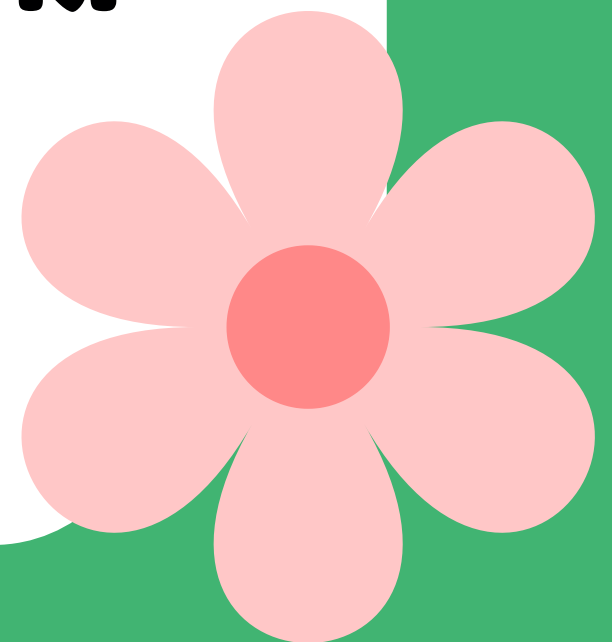
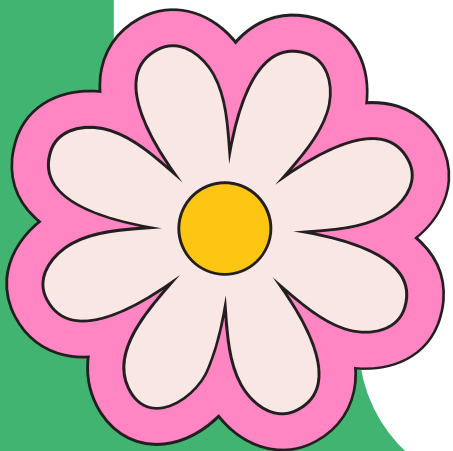


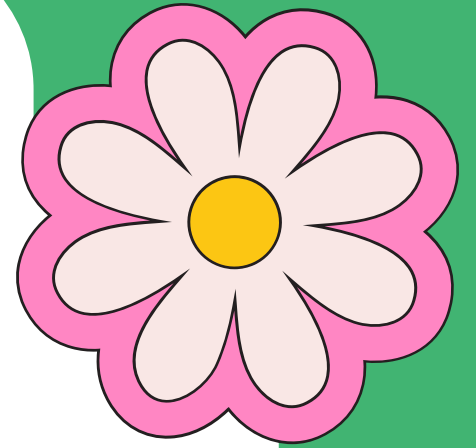
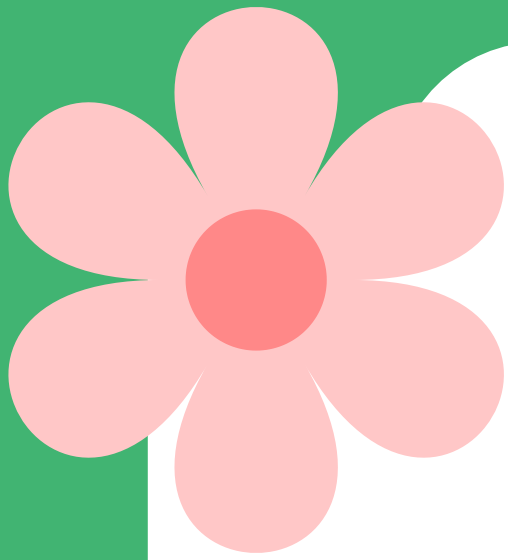
**I am focused and
attentive.**



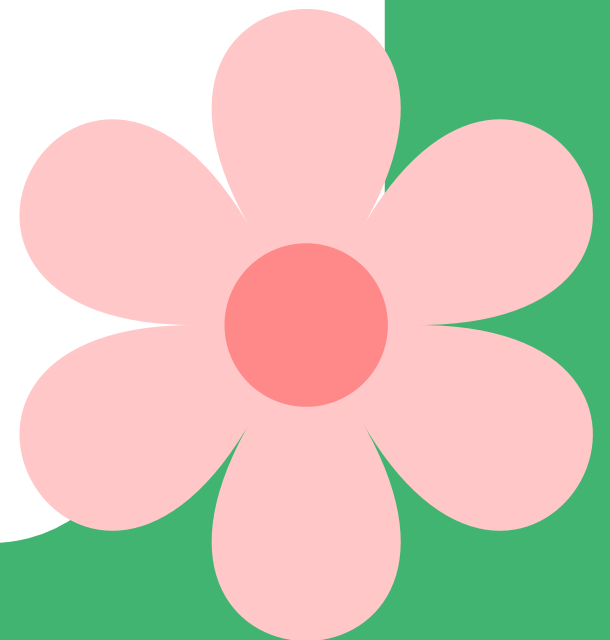
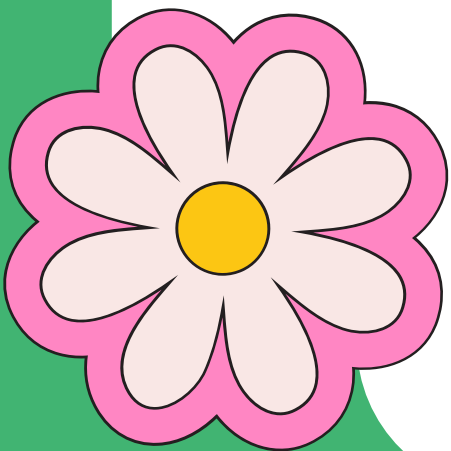


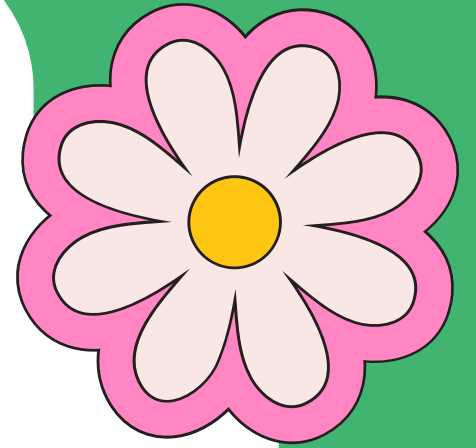
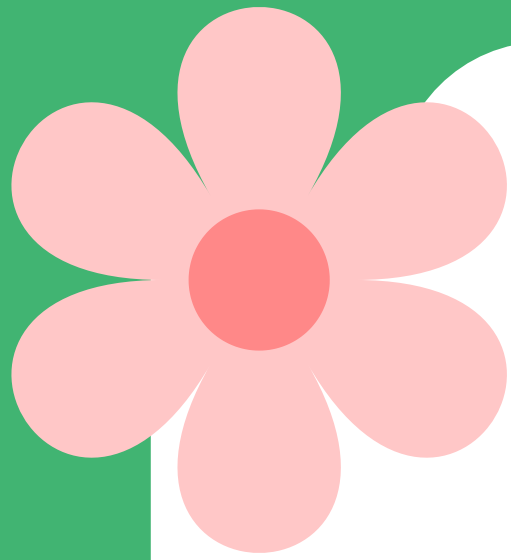
**I manage my
emotions
effectively and
maintain a
positive outlook.**



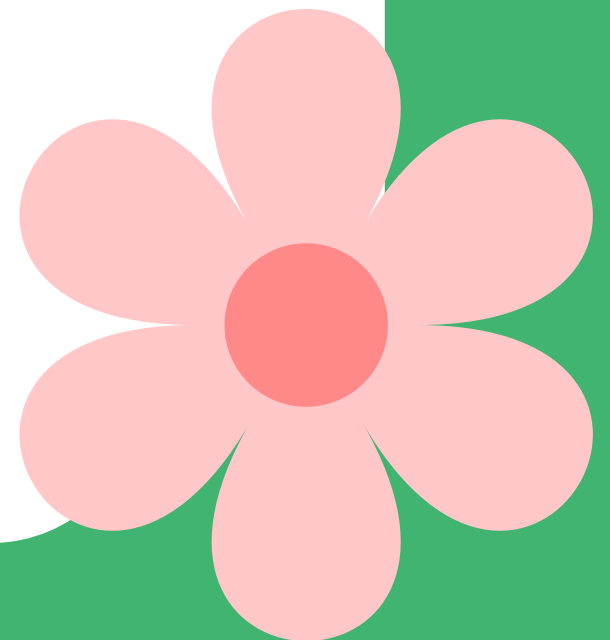
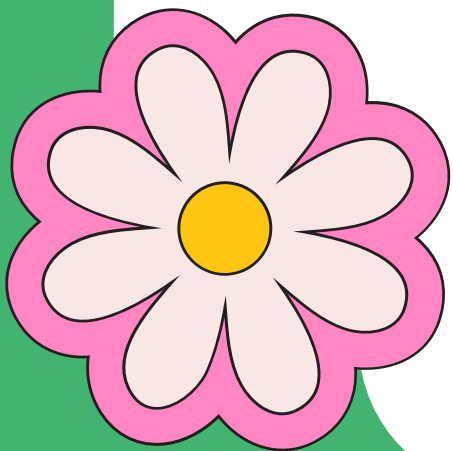


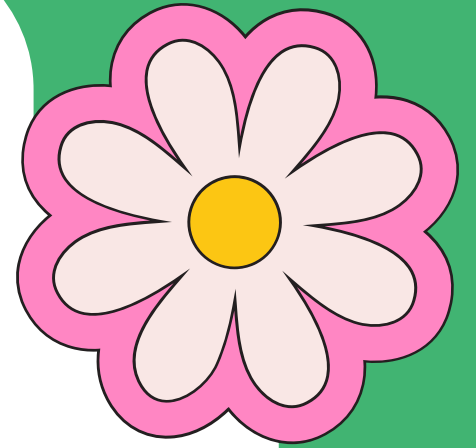
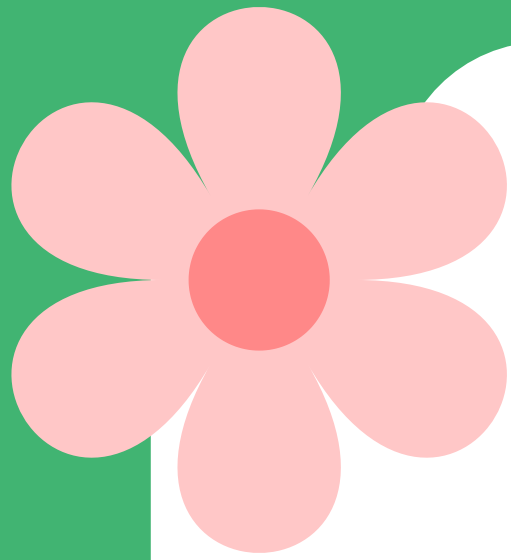
**I am determined
and perseverant.**



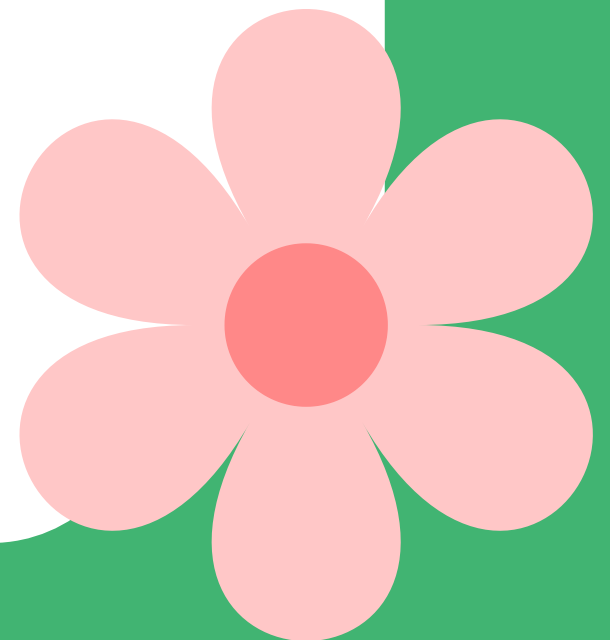
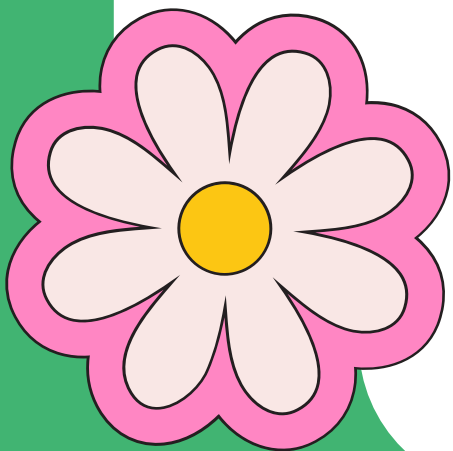


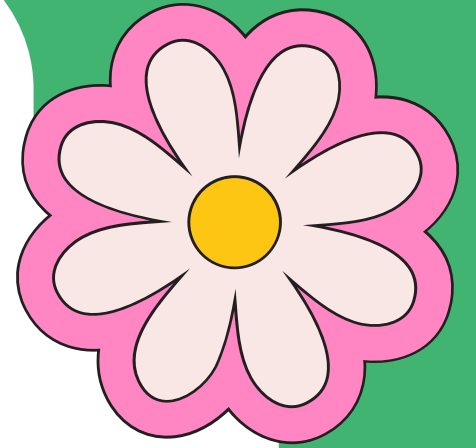
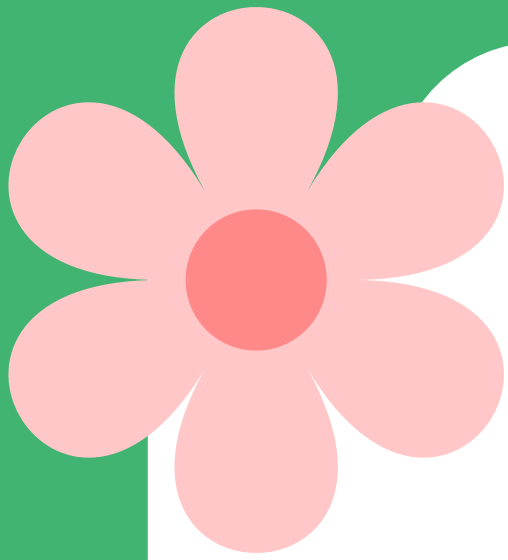
**I am mindful of my
thoughts and can
choose to focus
on the positive.**



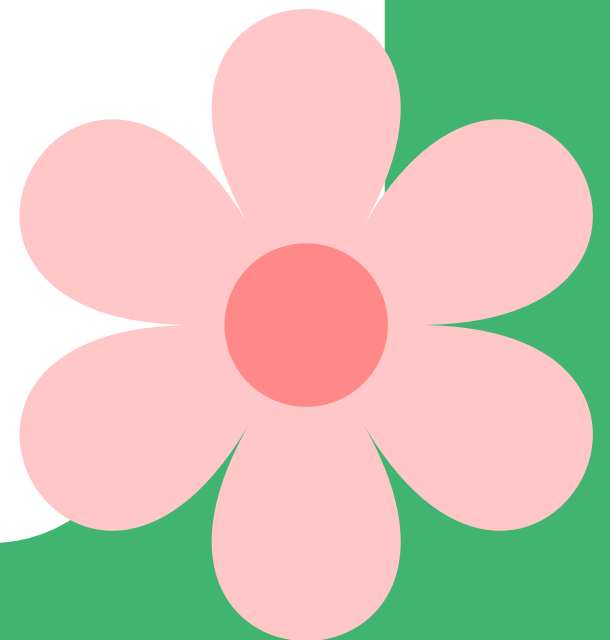
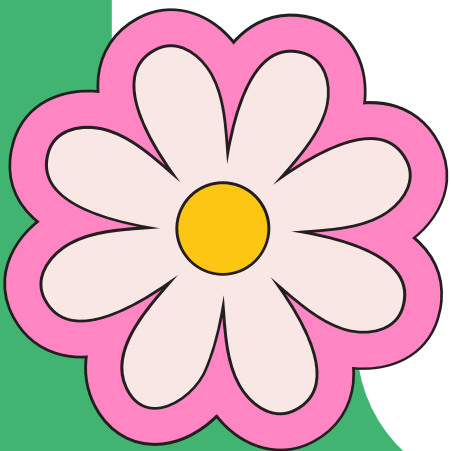


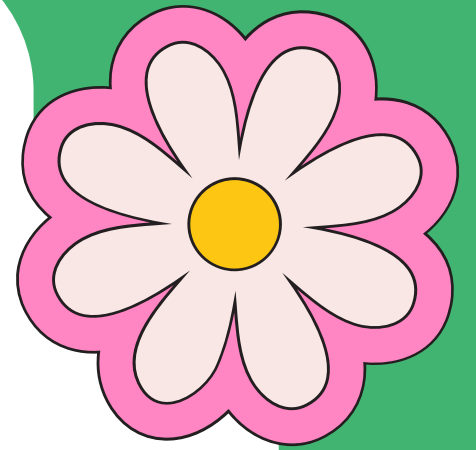
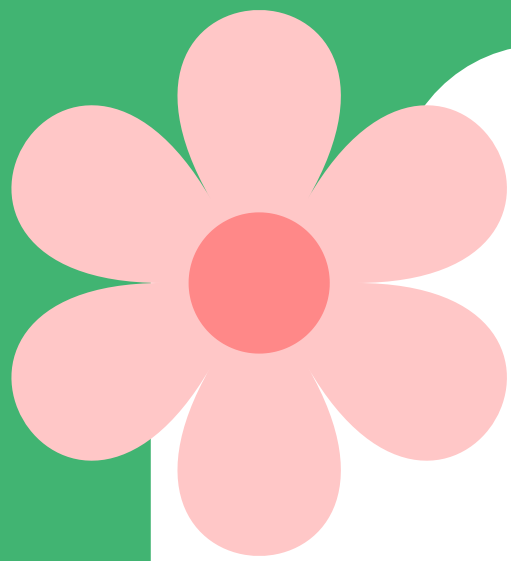
**I am a problem-
solver.**





**I practice self-
care and prioritize
my well-being**





**I am a lifelong
learner.**

