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Being My Best Self

Helping Kiddos Be
Everything They Are
Capable of Being

First Things First:

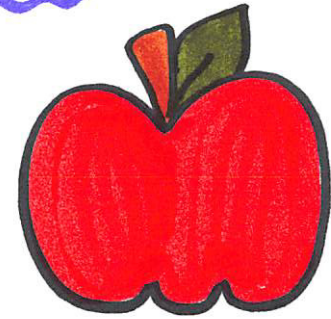
You are amazing and
remarkable for simply being
you!

In order to be
the best you,
you need to
believe in yourself!



In order to be your best self, it's important to take good care of yourself:

- Eat a healthy and well-balanced diet
- Get enough sleep every night
- Get enough exercise every day



It's also important to take good care of your mental health in order to be your best self:

- use your Coping Skills
- Spend time with Supportive people
- Make time for rest and activities you enjoy



Rule #1 for being
your best:

Try your best!

No matter what you are
doing, put forth your
best effort!



Rule #2 for being
your best:

Don't give up!

Keep trying - even if
something is difficult!



Rule #3 for being
your best:

Have a growth
mindset



Instead of "I can't," it's
"I can't YET." Work for
GROWTH (not perfection)!

Rule #4 for being
your best:

Accept help



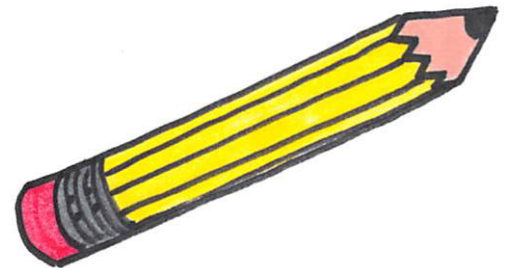
EVERYONE needs help
Sometimes - no one can
do everything on his/her
own!

Rule #5 for being
your best:

Understand that it is

okay to make
mistakes

Everyone makes mistakes-
it's part of how we learn!
No one is perfect! There's
a reason pencils have
erasers!



Rule #6 for being
your best:

accept yourself
for who you are!



Because you are
AWESOME!

Rule #7 for being
your best:

accept others for
who they are

Because other
people are AWESOME!



Rule #8 for being
your best:

ALWAYS Choose
Kindness!!



ALWAYS! Kindness is
always the right
choice!

You are the Only
you in this whole
wide world!



So give the
world the
gift of your
best you!

You are amazing
and remarkable –
don't forget that
and you'll be your
best you EVERY DAY!

Look out world!!



