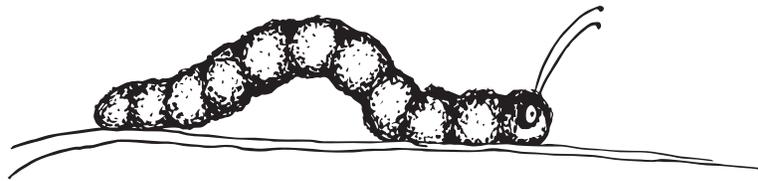


BUTTERFLY BALANCE

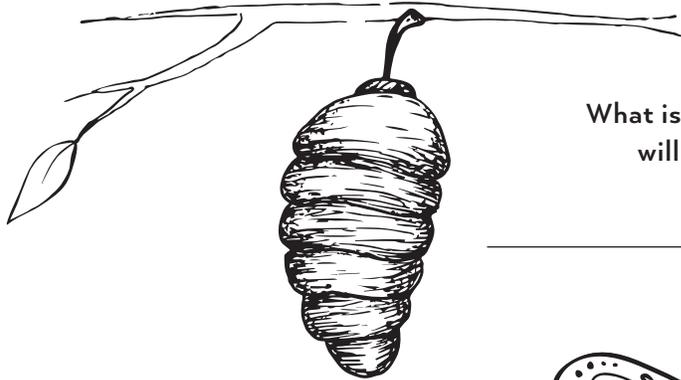
Did you know that if you are feeling positive or negative about doing something it can have a big impact on how easily you can accomplish that goal?

Directions:

1. Think of a goal that you would like to reach...
2. By the caterpillar write the goal you are working on in your life. It can be big or small, but it should be something you care about.
3. Answer the questions below.
4. Color in the pictures while you're thinking about your goal!



What are you working on?



What is a positive thought that will help you get there?

What is a positive thing you can do to help you reach your goal?

