

You've got this x 3!

1

When we're thinking about the **best, most positive relationships in our lives**, it can be easy to focus on **the obvious ones** - like our **friends** and **school mates**.

Remember the other people in your life... your family members (even the embarrassing or annoying ones!) **staff** at your **school, kind neighbours**, or **anyone you enjoy talking to**, can all help you feel hopeful for the future.

2

It can be scary to try something new but it can be a great way to make **new friends** and **experience new things**... give it a go!

3

There is someone else you need to have a positive, hopeful relationship with...

YOURSELF!

If you can like yourself and say **"Yes, I can..."**

I've got this!"

you can be ready for anything.

