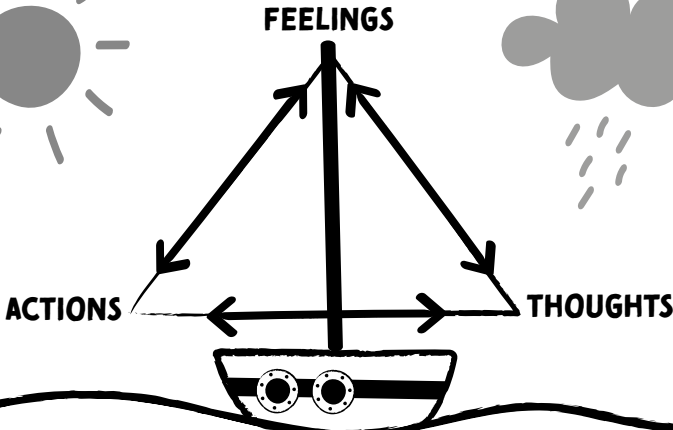
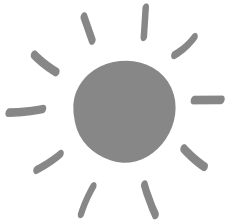


ADJUSTING YOUR SAILS



Our **THOUGHTS**, **FEELINGS** and **ACTIONS** are all connected, so they can affect each other and make our journey through life seem easier or harder.



POSITIVE THOUGHTS can help us feel more comfortable feelings and then our actions will be more positive too, making our journey seem easier!



NEGATIVE THOUGHTS can cause uncomfortable feelings and we might not act in helpful ways, which can make our journey harder.

I CAN'T CONTROL THE WIND
BUT I CAN ADJUST MY SAILS