



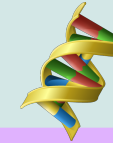
Try to make progress rather than aiming for perfection

Focus on progress, not perfection



Don't give up

Don't let discouragement get the better of you



Be grateful

Be thankful for what you have



Be present

Live in the present moment



Think positively

Try to see the good in everything



Be kind to yourself

Don't be too hard on yourself



Be proactive, not reactive

Take active actions instead of simply reacting



Choose your thoughts wisely

Be mindful of your thoughts



Take things one step at a time

Handle problems one at a time



Let go of what you can't control

Focus on what you can control



10 Positive Mantra