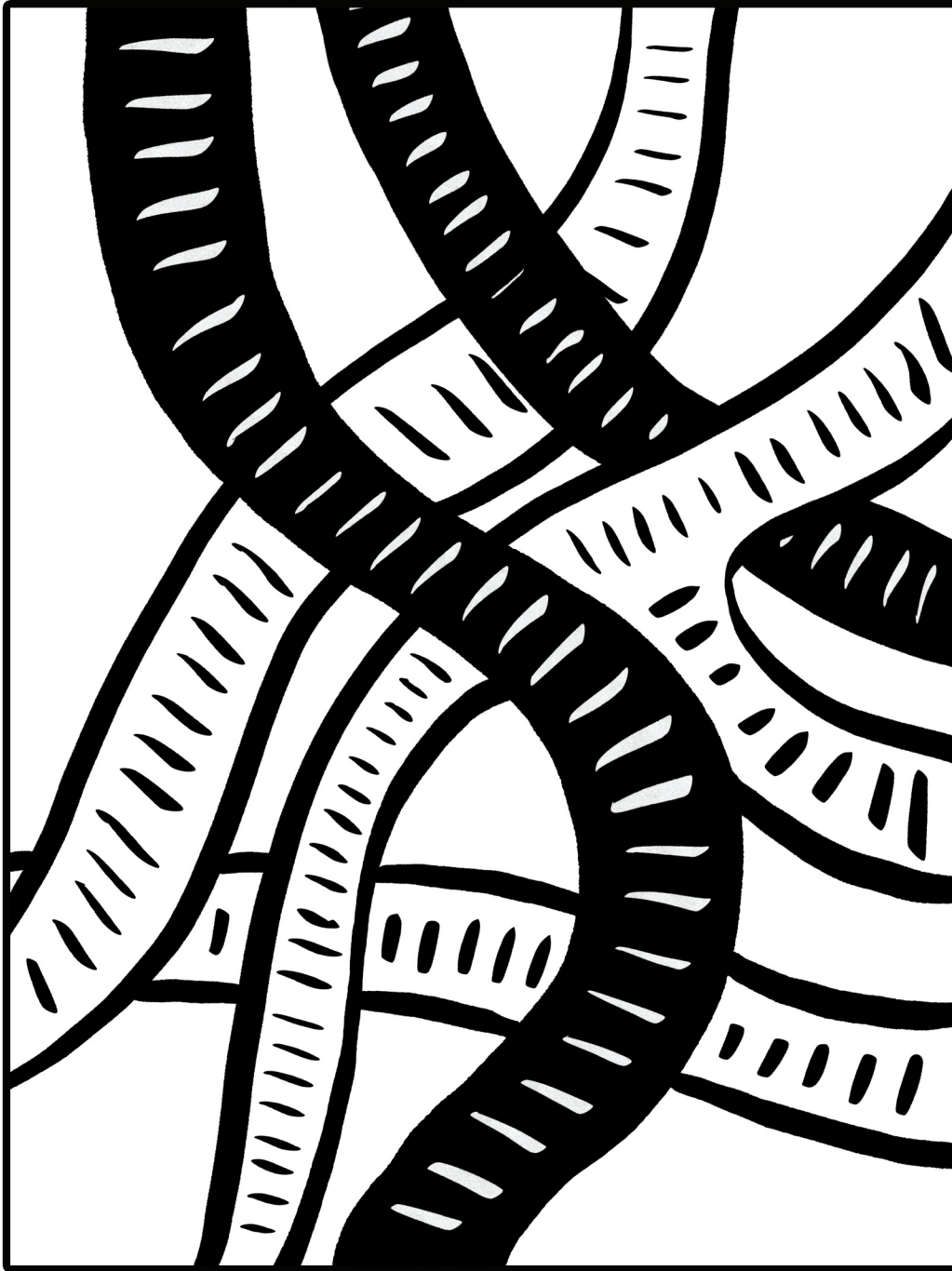


Anticipating Roadblocks



Imagine living in a place where there's always building work and sometimes roads are blocked. Sometimes, you might think a road is blocked without checking and go a different way or not try at all. This can be like when things get tough in our lives.

What can I do to not always think something is in my way?

Here are two short sayings to remind myself that I can handle things, step by step, and that I can always find or ask for help if something's in my way.

Things about me that help when things get tough:
