

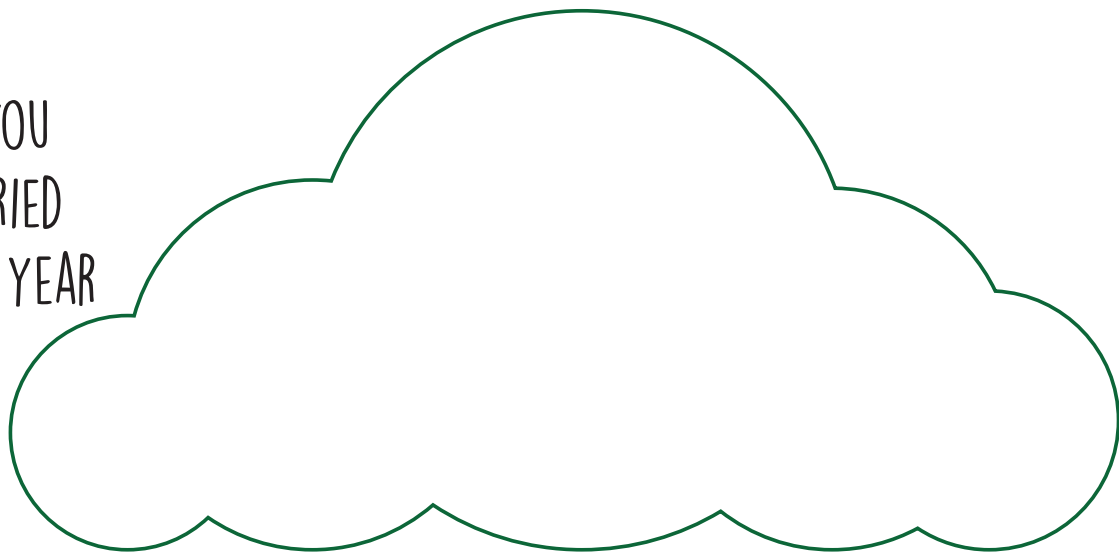


SAY YES TO THE IMPOSSIBLE

SOMETIMES WHEN YOU ARE ASKED TO DO SOMETHING YOU HAVE NOT DONE BEFORE, YOU MAY FEEL NERVOUS OR SCARED.

BY BEING BRAVE AND SAYING YES TO NEW THINGS, YOU'LL OFTEN FIND THAT IT'S NOT AS BAD AS YOU THINK.

THINK OF A TIME YOU WERE BRAVE AND TRIED SOMETHING NEW THIS YEAR



WHAT CHANGES WILL YOU MAKE IN YOUR LIFE SO THAT YOU BECOME BRAVE AND SAY YES TO NEW EXPERIENCES?

