

1. Mistakes are okay

- a. They are a necessary part of life and help you:
 - i. Grow
 - ii. Learn
 - iii. Mature
- b. Mistakes are necessary for your growth and help you become your best self.

2. Learn to appreciate yourself

- a. There is no such thing as a "perfect" being.
- b. You're strong
- c. You're beautiful
- d. You're so capable
- e. Everyone of us is unique, and you should embrace it!

3. Appreciate change

- a. Changes happen, and you must be prepared for it.
- b. Good or bad, change is a necessary part of life and your personal growth.

4. Don't set limits of yourself

- a. You can achieve anything you set your mind on in life.
- b. Dream big
- c. Believe in yourself
- d. Don't let your mind limit you
- e. Amazing things happen when you don't limit yourself.

5. Stop judging others

- a. Judging others shows the real person you are.
- b. Learn to be happy with yourself and not judge a book by its cover.
- c. You never know what's happening in someone's life.

6. Ask for help

- a. It's okay to be stuck.
- b. But don't struggle alone.
- c. Ask a friend
- d. Ask your family
- e. Ask your neighbor
- f. Don't struggle alone!
- g. Realize that it's okay to ask and get help.

7. Stand up for yourself

- a. Don't let anyone crush you or your goals!
- b. You're worth so much!
- c. Believe in yourself and cut out anyone that doesn't believe in you.