

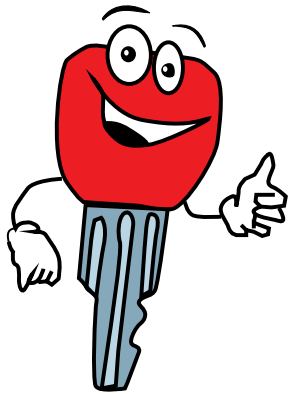
Your Keys To Get Happier

1

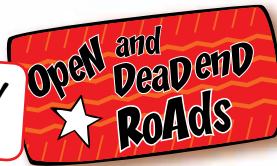
**I am a great team member
and a good friend.**

I use the habits that help
me make good friends.

I am my own best friend.



*Open & Dead
End Roads*

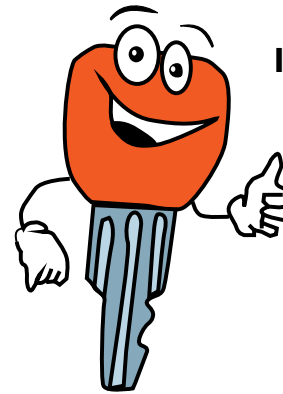


2

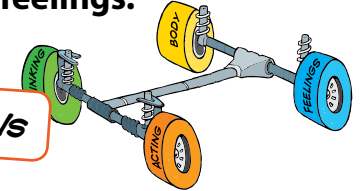
**I know that I almost always
have a choice!**

I am responsible for managing my
thoughts and actions.

I can understand and
change my feelings.



4 Wheels

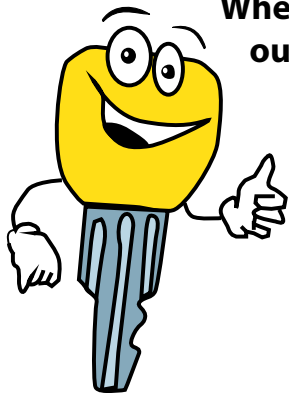


3

I am in control of my life!

When things seem hard I can work
out how to get back in control.

I don't try to control
others or allow
them to
control me.



Driver's Seat



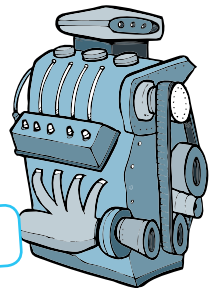
4

**I know how to create more
happiness in my life!**

When things seem out of balance,
I can do something to
meet my own needs,
without stopping
others from
meeting theirs.



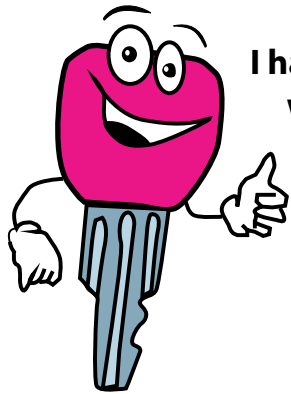
Engine



Your Keys To Get Happier

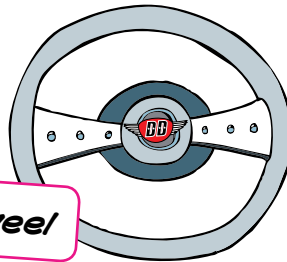
5

I know how to work out what I want!



I have a clear picture of where I want to go and the person I want to be.

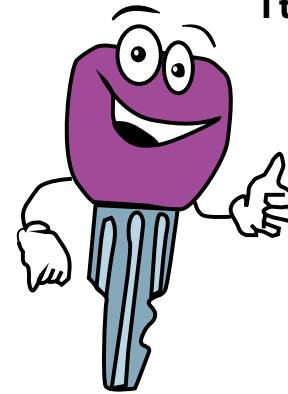
I am the best I can be!



Steering Wheel

6

I can work out my problems!



I think about what I am doing. I check if it is working.

I plan the best way to get what I want.



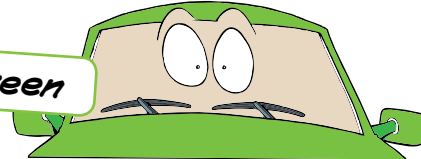
Magic Questions

7

I can see the world from many points of view!



I can change how I look at things. Everyone is special and unique including me! I choose to like myself and be kind to others.



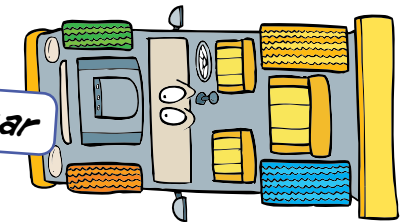
Windscreen

8

There are many different ways to work things out!



I am never stuck because I can understand myself by knowing how my brain and body work.



The Car