

# Think About It Cards

THINK ABOUT IT

NO MATTER HOW  
MANY TIMES I'VE  
MESSED UP, I HAVE  
THE POWER TO MAKE  
BETTER CHOICES.

THINK ABOUT IT

IF I KEEP OFF THE  
CYCLE OF RISK I  
KEEP MY FREEDOM  
AND MY POWER.

THINK ABOUT IT

I ALWAYS HAVE A  
CHOICE IN HOW I  
RESPOND.

THINK ABOUT IT

NO RUSH, THRILL OR  
HIGH IS WORTH  
GIVING UP MY  
FREEDOM AND  
POWER.

THINK ABOUT IT

THERE IS A WISDOM  
AND POWER WITHIN  
ME THAT I CAN TAP  
INTO WHENEVER I  
NEED IT.

THINK ABOUT IT

NO MATTER WHAT  
HAS HAPPENED TO  
YOU OR WHAT YOU  
DID, YOU ARE STILL  
GOOD, WISE AND  
STRONG AT YOUR  
CORE.

# Think About It Cards

THINK ABOUT IT

NO MATTER WHAT I  
HAVE DONE IN THE  
PAST, MY CORE SELF  
REMAINS GOOD AND  
WORTHWHILE.

THINK ABOUT IT

EVERYTHING  
MAGNIFICENT, KIND,  
JUST AND POWERFUL  
IS ALREADY INSIDE OF  
YOU.

THINK ABOUT IT

CLOTHES, JEWELRY,  
CELL PHONES AND  
"STUFF" WON'T EVER  
GIVE ME THE TRUE  
POWER AND  
PEACEFULNESS THE  
CORE SELF WILL.

THINK ABOUT IT

CELL PHONES BREAK,  
CLOTHES GO OUT OF  
STYLE, SNEAKERS GET  
TRASHED, BUT THE  
CORE SELF WITHIN ME  
ALWAYS REMAINS  
STRONG.

THINK ABOUT IT

MY POWER IS IN THE  
PAUSE - HOW I RESPOND  
AFTER THE TRIGGER AND  
BEFORE THE RISK  
DETERMINES WHETHER I  
KEEP MY FREEDOM,  
POWER, AND CONTROL.

THINK ABOUT IT

THERE ARE A  
THOUSAND WAYS TO  
FEEL GOOD WITHOUT  
THE RISK.

# Think About It Cards

THINK ABOUT IT

IN EACH MOMENT, I  
CAN CHOOSE THE  
POWER AND WISDOM  
WITHIN ME.

THINK ABOUT IT

NO MATTER WHAT,  
THE GOODNESS AND  
STRENGTH OF MY  
SELF CAN'T BE  
DESTROYED.

THINK ABOUT IT

THE POWER OF  
CHOOSING WHO I  
TRUST IS MINE.

THINK ABOUT IT

I AM STRONG ENOUGH  
TO SAY "NO" TO  
PEOPLE ESPECIALLY  
IF IT MEANS KEEPING  
MY FREEDOM AND  
POWER.

THINK ABOUT IT

NOBODY  
CAN MAKE ME FEEL  
DISRESPECTED  
UNLESS I LET THEM.

THINK ABOUT IT

WALKING AWAY FROM  
DISRESPECT MEANS I  
STAY IN CONTROL.

# Think About It Cards

THINK ABOUT IT

WALKING AWAY  
GIVES ME THE  
POWER.

THINK ABOUT IT

THIS PERSON MUST  
FEEL WEAK AND  
INSECURE TO DO  
THIS. HE WANTS ME  
TO FEEL THE SAME  
WAY, BUT I WON'T.

THINK ABOUT IT

IF I FIGHT BACK, I'M  
GIVING THEM  
EXACTLY WHAT THEY  
WANT.

THINK ABOUT IT

THIS IS THEIR  
PROBLEM, NOT MINE.

THINK ABOUT IT

NO MATTER WHAT  
MY FAMILY HAS BEEN  
THROUGH, THE  
STRENGTH AND  
POWER WITHIN ME  
CAN NEVER BE  
DESTROYED.

THINK ABOUT IT

IF YOU WERE ABUSED OR  
HAVE PARENTS THAT  
USED,  
REMEMBER: NO MATTER  
WHAT, IT WASN'T YOUR  
FAULT. YOU DIDN'T  
DESERVE TO GO  
THROUGH THAT.

# Think About It Cards

THINK ABOUT IT

I KNOW THE TRUTH  
ABOUT WHO I AM - A  
GOOD, STRONG,  
DECENT PERSON.

THINK ABOUT IT

THE MORE I OWN MY  
ACTIONS, THE  
GREATER POWER I  
HAVE OVER MY LIFE.

THINK ABOUT IT

LIFE MAY NOT BE FAIR  
AT TIMES.  
HOWEVER, YOU HAVE  
CONTROL OVER THE  
CHOICES YOU MAKE.

THINK ABOUT IT

TO BE A STAND UP  
PERSON - I HAVE TO  
OWN UP TO WHAT I  
DID - OWN UP TO THE  
TRUTH THAT IT WAS  
WRONG - AND  
APOLOGIZE.

THINK ABOUT IT

TAKING  
RESPONSIBILITY  
CONNECTS ME TO  
MY CORE SELF.

THINK ABOUT IT

APOLOGIZING IS  
SOMETHING YOU  
DO BECAUSE IT'S RIGHT.  
YOU DO IT TO LIGHTEN  
YOUR OWN LOAD AND  
GET THE MONKEY OFF  
YOUR BACK.

# Think About It Cards

THINK ABOUT IT

RIGHT NOW - I AM  
FREE TO BUILD ANY  
KIND OF LIFE I WANT.

THINK ABOUT IT

THE POWER AND  
GOODNESS WITHIN  
ME IS ALWAYS THERE  
- AND CAN'T BE  
DESTROYED.

THINK ABOUT IT

NO MISTAKE - NO  
MATTER HOW BIG IT  
SEEMS - IS WORTH  
THROWING MY LIFE  
AWAY FOR.

THINK ABOUT IT

NO MATTER WHAT -  
THE GOODNESS OF MY  
SELF IS RIGHT WHERE  
I AM.

THINK ABOUT IT

WHENEVER I NEED  
TO, I CAN TAP INTO  
MY CORE SELF FOR  
STRENGTH.

THINK ABOUT IT

I CAN BREATHE  
THROUGH THIS. MY  
BREATH CAN CARRY  
ME THROUGH  
ANYTHING.

# Think About It Cards

THINK ABOUT IT

I ALWAYS HAVE THE  
POWER TO SEE A  
SITUATION  
DIFFERENTLY.

THINK ABOUT IT

EVERY HARDSHIP  
AND STRUGGLE I  
HAVE GONE  
THROUGH HAS MADE  
ME STRONGER.

THINK ABOUT IT

WHAT I HAVE GONE  
THROUGH UP TO  
NOW HAS MADE ME  
WHO I AM.

THINK ABOUT IT

THIS WORLD  
NEEDS ME.  
NO ONE ELSE CAN  
DO THE JOB  
I WAS PUT HERE  
TO DO.

THINK ABOUT IT

I AM POWERFUL  
BEYOND MEASURE.

THINK ABOUT IT

I AM DESERVING OF  
LOVE, RESPECT, AND  
PEACE.

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