

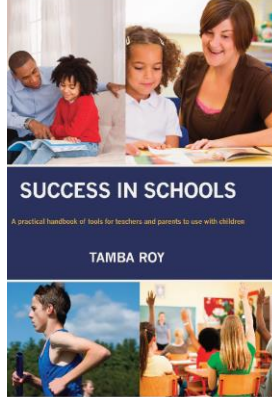
Brilliant Breathing

Learning how:

- to be still and focussed
- to calm down

Have you taken time to breathe today?

Ready 4 Learning Ladder

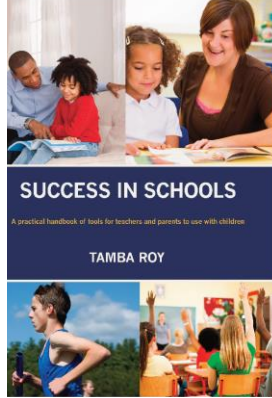


Learning how:

- to be more motivated
- to concentrate for longer periods

Have you helped someone else to move higher up the ladder today?

My Choice of Inner Voice

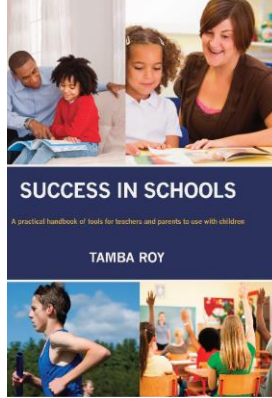


Learning how:

- to create supportive thoughts
- to be more resilient

Have you used a 'Power Statement' today?

Personal Power

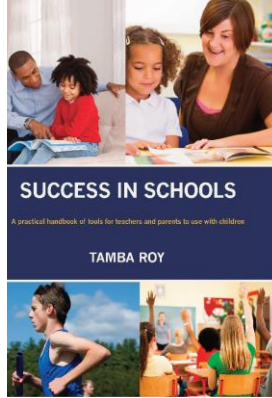


Learning how:

- to feel stronger within yourself
- to feel more confident

Have you tapped into your inner strength today?

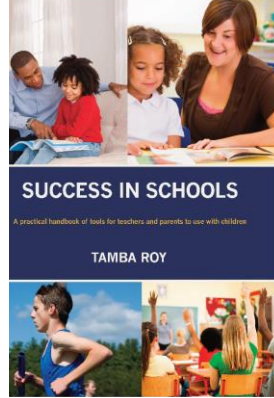
The Smasher



Learning how:

- to demolish a barrier
- to let go of an unhelpful self-belief

Have you overcome a challenge today?



Learning how:

- to feel calmer
- to respond appropriately

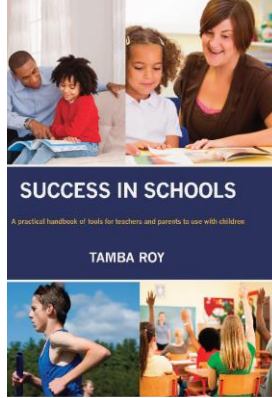
Have you supported someone who made use of a shield today?

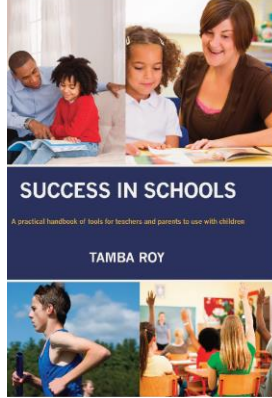
Seeing Success

Learning how:

- to feel better about a challenge
- to feel inspired to take action

Have you persevered today?



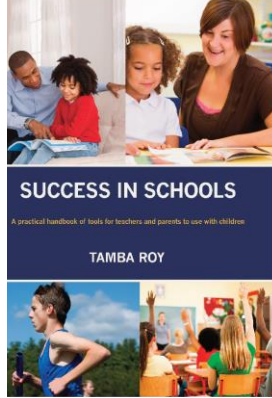


Learning how:

- to change how you feel about a challenge
- to let go of a worry

Have you shrunk a problem today?

Personal Space



Learning how:

- to experience a deeper feeling of relaxation
- to give yourself time and space

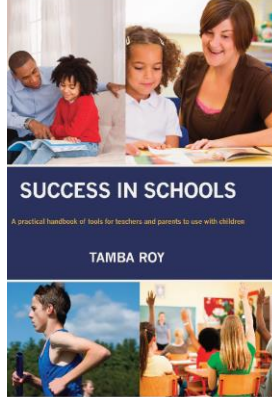
Have you visited your inspirational place today?

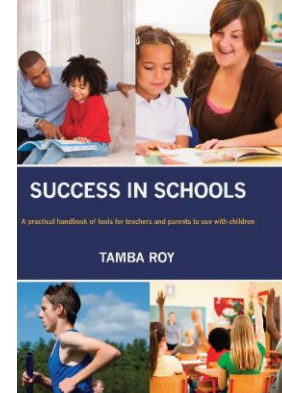
The Jacket

Learning how:

- to appreciate and enjoy your own successes
- to appreciate the successes of others

Have you praised someone's success today?





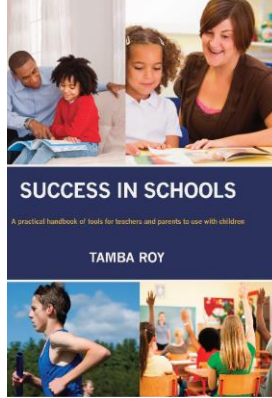
Change Your Mind

Learning how:

- to see a solution instead of a problem
- make choices that help you to overcome challenges

Have you discovered a way to solve a problem today?

Step Forward

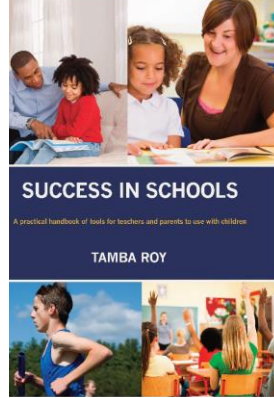


Learning how:

- to visualise a future achievement
- to feel more motivated as you move forward

Have you taken new steps to succeed today?

Enjoying Excellence

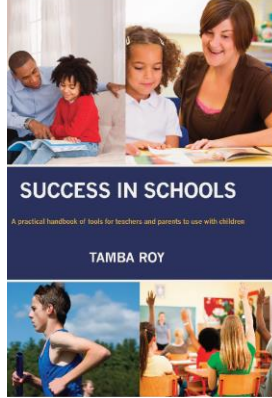


Learning how:

- to enjoy excellence
- to make the effort to exceed expectations

Have you surprised yourself today?

Fab Future

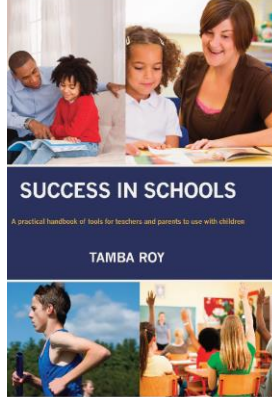


Learning how:

- to see a positive path in front of you
- to identify actions that will make a difference

Have you taken action today that will help you tomorrow?

Eye of the Storm



Learning how:

- to let go of unhelpful thoughts
- experience a calm feeling within yourself

Have you enjoyed a quiet moment today?