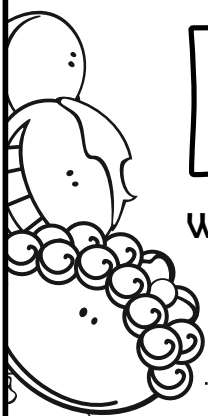


# Rule 2

I can get used to the place I am in and still grow.

Read the truth coaches and tick your favourite ones.

- I don't need to give up because there is always a way through or around.
- Sadness won't last forever.
- There are no hopeless situations, not even one!
- I can be happy on the inside, even when things are hard on the outside.
- Beautiful plants can grow in a desert, and I can grow anywhere too.
- I'm not powerless in hard times; I can still choose to have a good attitude!



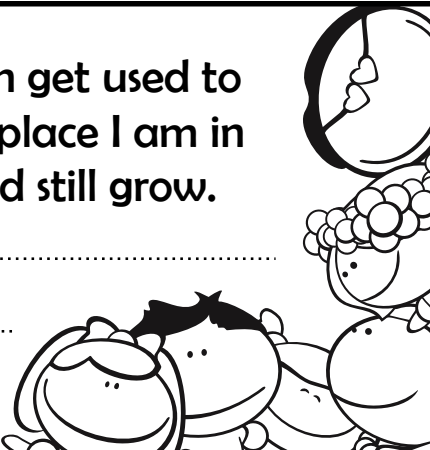
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I can get used to the place I am in and still grow.

Write your favourite truth coach: .....

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