



Welcome to the 2021- 2022 School Year!

When thinking of the school year that is still ahead of you, what do you picture?

Are your expectations more positive, or are they more negative? Pay attention to your expectations because they can influence your experiences. Be good to yourself and give yourself the best possible experiences you can. I love this expression because it always makes me feel better:

Always believe that something wonderful is about to happen.

Even if nothing wonderful is happening now, something wonderful will happen because life has both ups and downs, and I like to remember that more good stuff is coming my way.

While you look forward to the good times, know that during the challenging times, you are more capable than you believe, and you have more support than you know.

Be kind to yourself this year as you navigate life's ups and downs.

Check-in with yourself often and ask:

1. Am I being kind and helpful?
2. Am I using positive self-talk?
3. Am I making an honest effort?
4. Am I focusing on solutions instead of problems?

Your actions and how you speak to yourself matter a great deal.

Be good to yourself,

Danna Evans
All Things E.Q.