

**In the grand  
scheme  
of things,  
everything  
will be okay.**

**This  
will last  
forever.**

**I can think of  
five reasons  
to work  
through this  
challenge  
now.**

**I'm  
trapped—  
I have no  
power or  
control  
in this  
situation.**

**This  
moment  
will pass.**

**Instead  
of risking  
failure,  
I'd rather  
give up.**

**I can think  
of a time  
when I  
overcame  
a similar  
challenge  
before.**

**Other**