

You are
unique



Nobody is perfect
and everyone is
capable of learning.

Written by Kerrie LaRosa | mheonline.com/VirtualCarePackage



You are adaptable

Reframe your
mistakes as
opportunities to
learn.

Written by Kerrie LaRosa | mheonline.com/VirtualCarePackage



You are
capable

You can do
challenging things.

Written by Kerrie LaRosa | mheonline.com/VirtualCarePackage



You are
strong



See challenges as an
opportunity to
master problem-
solving.

Written by Kerrie LaRosa | mheonline.com/VirtualCarePackage



You are worthy



Be **kind** to yourself,
patient with
yourself, and **forgive**
yourself.

Written by Kerrie LaRosa | mheonline.com/VirtualCarePackage



You belong

When you practice **self-compassion**, you can overcome setbacks, develop confidence, and prime your brain for learning.

Written by Kerrie LaRosa | mheonline.com/VirtualCarePackage

