Honest courage phrases

Honest Courage Phrases

Twelve cards to cut out. Encouraging, without sugarcoating.



Honest courage phrase

I can take a moment to think before I answer.

What helps me:

Honest courage phrase

I can ask someone to explain.

What helps me:

Honest courage phrase

I can start with one small step.

What helps me:

Honest courage phrase

It's okay if I need time to think.

What helps me:

Honest courage phrase

I can show what I know in my own way.

What helps me:

Honest courage phrase

I can say when a noise bothers me.

What helps me:

Honest courage phrase

I can try a quieter spot.

What helps me:

Honest courage phrase

I can get help before it gets too much.

What helps me:

Honest courage phrase

I can break a task into small steps.

What helps me:

Honest courage phrase

I can say I don't get the task yet.

What helps me:

Honest courage phrase

I can try a different way to learn.

What helps me:

Honest courage phrase

Today I can take it step by step.

What helps me:

Courage can be quiet

Honest courage phrases

Card Backs

Print this page on the back so the boxes line up with the cards.

Honest courage phrase

- [ ] I read it
- [ ] I think about it
- [ ] Not this one today

Just a suggestion. You decide if it fits today.

Honest courage phrase

- [ ] I read it
- [ ] I think about it
- [ ] Not this one today

Just a suggestion. You decide if it fits today.

Honest courage phrase

- [ ] I read it
- [ ] I think about it
- [ ] Not this one today

Just a suggestion. You decide if it fits today.

Honest courage phrase

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- [ ] I think about it
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