

Art Activity

Create your own creed or motto. You can use any art medium to do this (colored pencils, photos, pictures from internet or magazines, etc). It should represent something positive you want to become or achieve. It can be something to tell yourself (positive self-talk) when things are getting intense. Remember you can't control everything that happens; only what you do about it. Put your creed or motto somewhere you will see it every day (locker room, mirror, etc)

