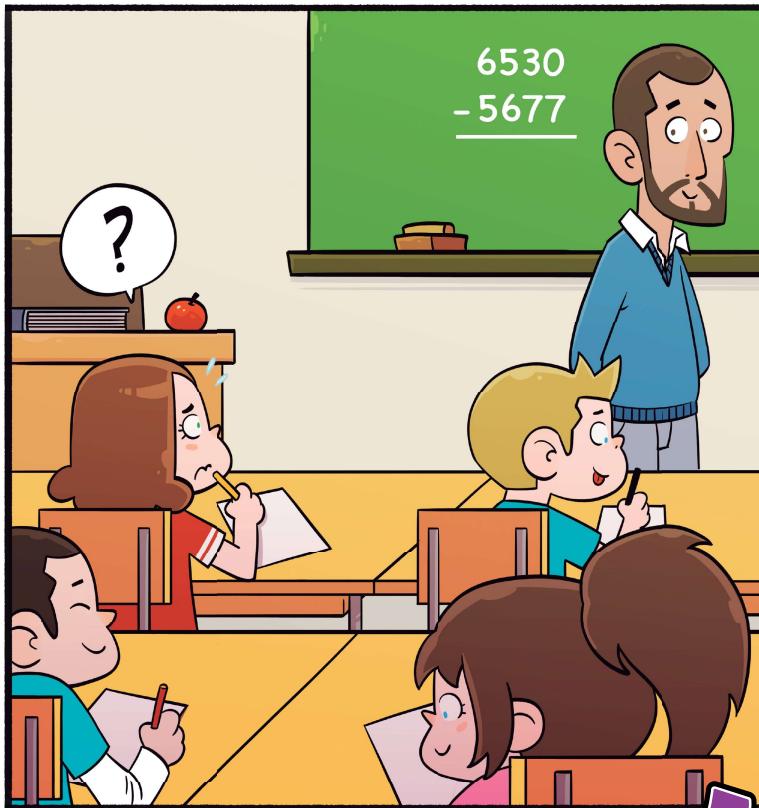


# MOVERS EMOTIONS

DISAPPOINTMENT - I FEEL DISAPPOINTED



STRESS - I FEEL STRESSED



HELPLESSNESS - I FEEL HELPLESS



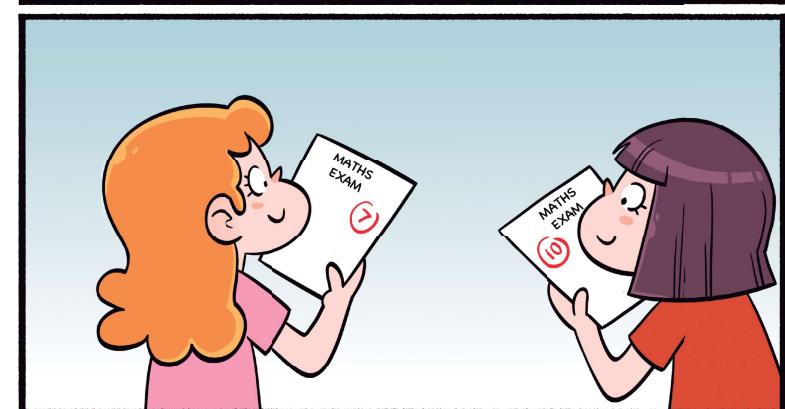
ACCEPTANCE - NOW I ACCEPT WHAT I CAN'T CHANGE



CALM - NOW I FEEL CALM



CONFIDENCE - NOW I FEEL CONFIDENT



I recognise and manage my emotions.