



GET READY!

Learning to Make a Difference

8 Conditions that Make a Difference®

Belonging

Feeling like you are an important part of a group, while knowing you are special for who you are.

Heroes

An everyday person who encourages you to do your best. Someone you look up to and whom you can turn to for help when you need it.

Sense of Accomplishment

Being recognized for many different types of success, including hard work and being a good citizen.

Fun & Excitement

Enjoying what you are doing, whether at home, school, or play.

Curiosity & Creativity

Using your imagination to ask “why?” and “why not?” about the world around you.

Spirit of Adventure

Being excited to try new things even when you are not sure if you will be good at them.

Leadership & Responsibility

Making your own decisions and accepting consequences for those choices.

Confidence to Take Action

Believing in yourself and knowing that you can make a positive difference for others.

The Get Ready! Guidebook

Get Ready! is divided into eight sections, each representing one of the Conditions that affect student aspirations. Each section contains the following components:

Get Ready! to Learn

Students learn the definition of one of the Conditions and think about what the Condition means to them personally.

Get Ready! to Find and Color

Students find and color symbols that represent the Condition being learned. At the bottom of the coloring page students think about why the symbol is representative of the Condition.

Get Ready! to Meet a Challenge

Students are provided a series of challenges related to the Condition being studied. There are also classroom challenges for all the students to do together.

Get Ready! to Talk

Students and teachers read together and discuss short stories. Questions are provided to help lead the discussion.

Get Ready! to do a Word Search

Students search for words in a puzzle. The words relate to the Condition that was studied in the section.

BELONGING



What do we mean by Belonging?

Feeling like you are an important part of a group, while knowing you are special for who you are.

Understanding Belonging



Respond to the questions below:

- ▶ When do you feel *special*?
- ▶ How do you make others feel *special*?
- ▶ What do you have *in common* with your classmates?
- ▶ How are you *different* from your classmates?
- ▶ What groups do you *belong* to at school or in the community?

Belonging Words:

Try using each word in a sentence.

special

friends

individual

groups

different

family

include

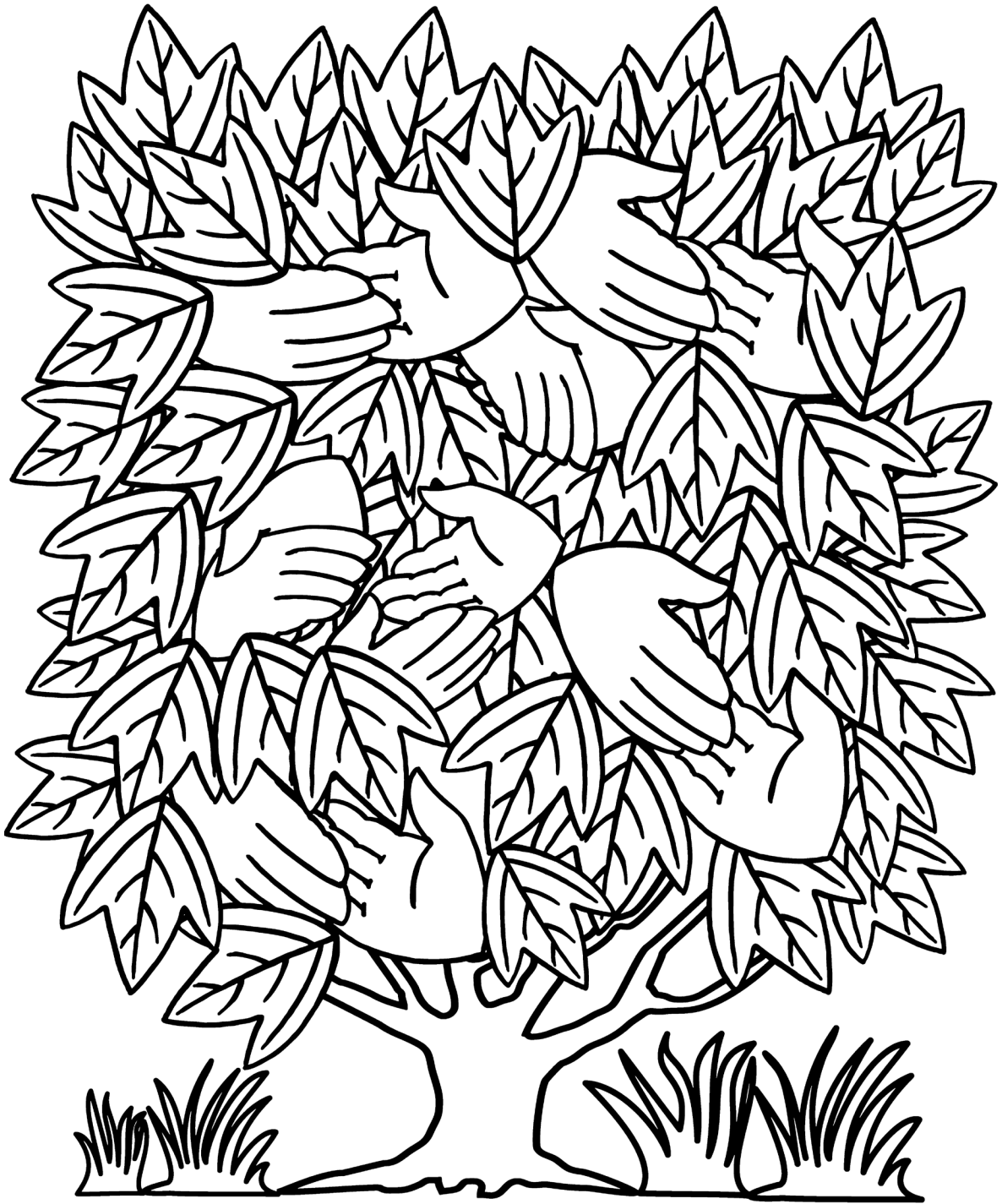
interests


acceptance



Belonging

GET READY! COLOR AND FIND .



Why do you think the symbol for **Belonging** is ?



Get Ready! Individual Challenge

- ▶ **Include someone** you do not know well in a game at recess.
- ▶ **Learn the hobbies** of two students in your class.
- ▶ **Introduce yourself** to an adult who works in your school who does not know your name.
- ▶ **Tell your friends** why they are special to you.
- ▶ **Ask an adult** to share a story about his or her friends.
- ▶ **Create your own** Belonging challenge.



Get Ready! Class Challenge

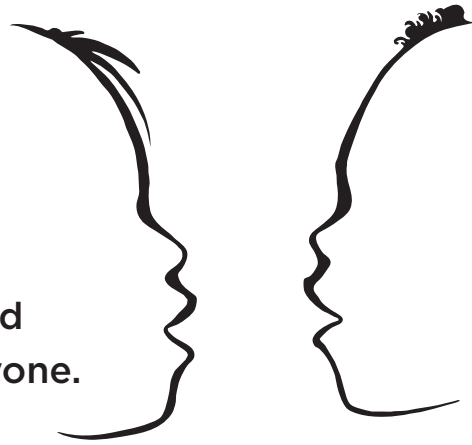
- ▶ **Learn** everyone's favorite food, movie, or book. See how well everyone can remember the new information.
- ▶ **Invite** different members of the school staff to your class to introduce themselves. Encourage the adults to share what makes them unique.
- ▶ **Play** a recess game where all students are involved.
- ▶ **Create** a class quilt that shows everyone's unique talents and interests.
- ▶ **List** the ways everyone is unique in their family. Then list how everyone is similar to a brother, sister, parent, or grandparent.
- ▶ **Create** a classroom Belonging challenge.



Get Ready! Talk

Read and discuss the following.

A new student named Sam just arrived at your school. He does not know anyone. He seems different.



1. How do you think Sam *feels* coming to a new school?
2. How do you imagine Sam is *different*?
3. What could you *learn* from someone who is different?
4. Share a time *you were new* to a group. Explain how it *felt*.
5. What can you do to *help* Sam feel like he *belongs*?

Word Search

Find-Learn-Live



Find the words in the puzzle below.

Learn what the words mean.

Live the words everyday!

BELONGING

CARE

COMPASSION

DIFFERENCE

FAIR

HONESTY

INTEGRITY

KIND

POLITE

RESPECT

O	T	B	T	V	D	C	Y	S	H	W	N
X	C	V	I	S	F	O	T	Z	O	E	W
Q	E	R	W	A	V	M	I	X	N	P	C
K	P	O	I	B	A	P	R	D	E	J	S
P	S	R	S	X	O	A	G	K	S	E	A
C	E	C	V	Y	I	S	E	I	T	T	T
U	R	U	A	I	G	S	T	N	Y	J	B
V	E	R	G	R	H	I	N	D	X	H	D
P	O	L	I	T	E	O	I	U	K	H	Y
V	B	D	E	H	I	N	J	L	P	C	F
E	C	N	E	R	E	F	F	I	D	U	B
N	Y	B	B	E	L	O	N	G	I	N	G

HEROES



What do we mean by Heroes?

An everyday person who encourages you to do your best. Someone you look up to and whom you can turn to for help when you need it.

Understanding Heroes



Respond to the questions below:

- ▶ Who are your *Heroes*?
- ▶ How do you show *respect* to adults and friends?
- ▶ What does it mean to be an *everyday Hero*?
- ▶ How do you *help* other students?
- ▶ What can you *do* to be a Hero at school?

Hero Words:

Try using each word in a sentence.

trust

respect

listen

care

helpful

friend

admire

support

encourage



Heroes

GET READY! COLOR AND FIND ♡.



Why do you think the symbol for **Heroes** is ♡?



HEROES

Get Ready! Individual Challenge

- ▶ **Thank someone** who has been a hero to you.
- ▶ **Make an effort** to be a hero to someone at school.
- ▶ **Show an adult** or classmate you respect him or her.
- ▶ **Ask your friends** for their ideas. Listen without interrupting.
- ▶ **Write a thank you** letter to a teacher at school who has been extra helpful to you.
- ▶ **Think of your own** Hero challenge.



Get Ready! Class Challenge

- ▶ **Invite the principal** into your class to share something about his or her job and interests.
- ▶ **Write notes** of appreciation to the secretaries, cafeteria workers, and custodians in your school building.
- ▶ **List the ways** you can show respect to each other as well as to adults.
- ▶ **Create** an original story in which you are an every day hero.
- ▶ **Think of ways** you can be a hero during recess or lunch. Act on your ideas.
- ▶ **Develop** a classroom Hero challenge.



Get Ready! Talk

Read and discuss the following.

Tessa always interrupts students and teachers when they talk. It bothers her classmates when she interrupts them.

Listening to other people shows respect.



1. How do you think students in the class feel when they are interrupted?
2. Why do you think Tessa interrupts her classmates and teacher?
3. How can you help Tessa be a better listener?
4. Share a time when you felt someone did not respect you. Explain how it felt.
5. What can you do to show you respect adults and your classmates?

Word Search

Find-Learn-Live

Find the words in the puzzle below.

Learn what the words mean.

Live the words everyday!



ADMIRE
CONCERN
ENCOURAGE
FRIEND
HELPFUL

HERO
LISTEN
NICE
RESPECT
TRUST

P J O M N E D O N H O A
G E I E C N J Z E E N Y
A P P S E C L M T R I G
T Q P I N O J F S O I E
H C R F N U F Y I Y H T
O F E I G R T E L E Z L
H K C P L A T R L M M N
X E C Q S G G P U I D X
A D M I R E F K L S N R
M A K O Q U R L V K T B
O Q R F L N R E C N O C
N S Y B A E X O V D E K



HEROES

SENSE OF ACCOMPLISHMENT



What do we mean by Sense of Accomplishment?

Being recognized for many different types of success, including hard work and being a good citizen.

Understanding Sense of Accomplishment



Respond to the questions below:

- ▶ What does it feel like to do *your best*?
- ▶ What does it take to be *successful*?
- ▶ How do you put forth your *best effort* even when something is hard?
- ▶ What does it mean to be a *good citizen*?
- ▶ What can you do to *celebrate* your classmates' accomplishments?

Sense of Accomplishment Words:

Try using each word in a sentence.

effort

perseverance

accomplish

try

success

proud

recognize

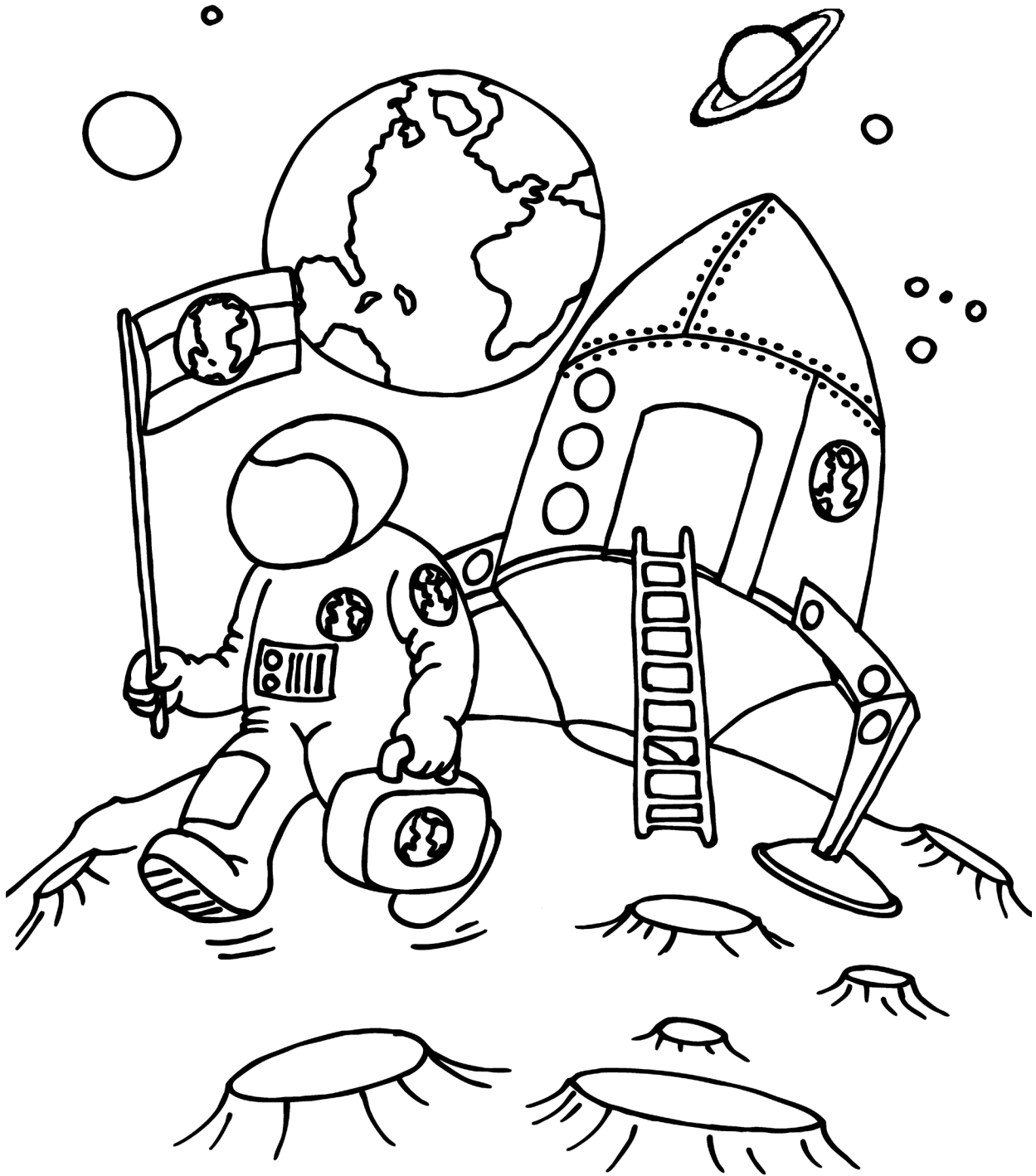
work

citizenship



Sense of Accomplishment

GET READY! COLOR AND FIND 🌍.



SENSE OF ACCOMPLISHMENT

Why do you think the symbol for **Sense of Accomplishment** is 🌍?

Get Ready! Individual Challenge

- ▶ **Complete** one of your homework assignments ahead of time.
- ▶ **Challenge yourself** to do something you do not think you can do.
- ▶ **Redo an assignment** or quiz in order to do better.
- ▶ **Do something** to show you are a good school citizen.
- ▶ **Ask an adult** to tell you something he or she is proud of achieving.
- ▶ **Think** of your own Sense of Accomplishment challenge.



Get Ready! Class Challenge

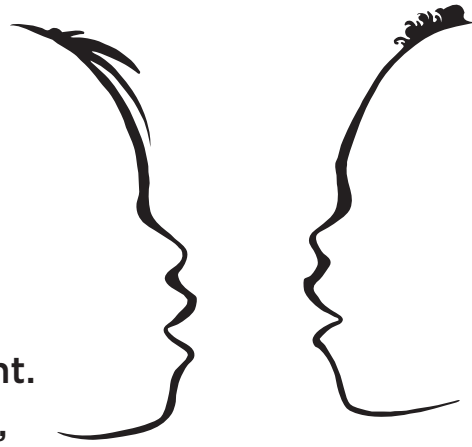
- ▶ **Pick one skill** you want to improve and share this with your classmates. Keep track of your progress.
- ▶ **Create a list** of challenging activities such as jumping rope or memorizing words. Practice each day for a week to improve your score.
- ▶ **Read a story** about a young person who accomplished something great.
- ▶ **Share your ideas** for handling situations when you become frustrated and want to give up.
- ▶ **Invite the principal** to your class to share his or her accomplishments and goals.
- ▶ **Develop** a classroom Sense of Accomplishment challenge.



Get Ready! Talk

Read and discuss the following.

Will often becomes frustrated when he does not understand an assignment. Many times, he just gives up and says, "This is too hard."



1. How do you think Will feels when he does not understand an assignment?
2. Why do you think some students give up instead of keep trying?
3. What can you do to keep trying when you feel frustrated?
4. Share a time you felt frustrated. Explain how it felt.
5. What can you do to help your classmates not give up?



Word Search

Find-Learn-Live



Find the words in the puzzle below.

Learn what the words mean.

Live the words everyday!

ACCOMPLISH

ATTEMPT

CITIZENSHIP

EFFORT

PERSEVERANCE

PERSIST

PROUD

SUCCESS

TRY

WORK

X	I	O	E	F	L	L	Y	T	S	P	Y
T	K	H	U	F	S	Y	P	P	S	R	H
B	M	I	S	W	F	M	G	Y	E	O	Q
R	Z	W	O	I	E	O	Z	V	C	U	K
G	C	R	Q	T	L	O	R	F	C	D	Y
H	K	L	T	H	V	P	K	T	U	S	R
I	H	A	Y	R	T	C	M	O	S	W	L
P	E	R	S	I	S	T	T	O	U	X	F
Y	V	G	B	B	T	Q	O	W	C	U	O
P	E	R	S	E	V	E	R	A	N	C	E
P	I	H	S	N	E	Z	I	T	I	C	A
B	U	V	H	M	T	K	J	G	D	V	X



SENSE OF ACCOMPLISHMENT

FUN & EXCITEMENT



What do we mean by Fun & Excitement?

Enjoying what you are doing, whether
at home, school, or play.

Understanding Fun & Excitement



Respond to the questions below:

- ▶ What classes do you think are *fun*?
- ▶ What makes school *interesting* for you?
- ▶ What can you do to make *learning* more interesting?
- ▶ How can *laughter* and *enjoyment* help you learn?
- ▶ What can you do to make learning more *enjoyable* for your classmates?

Fun & Excitement Words:

Try using each word in a sentence.

engage

laugh

interesting

involve

passion

happy

enjoy

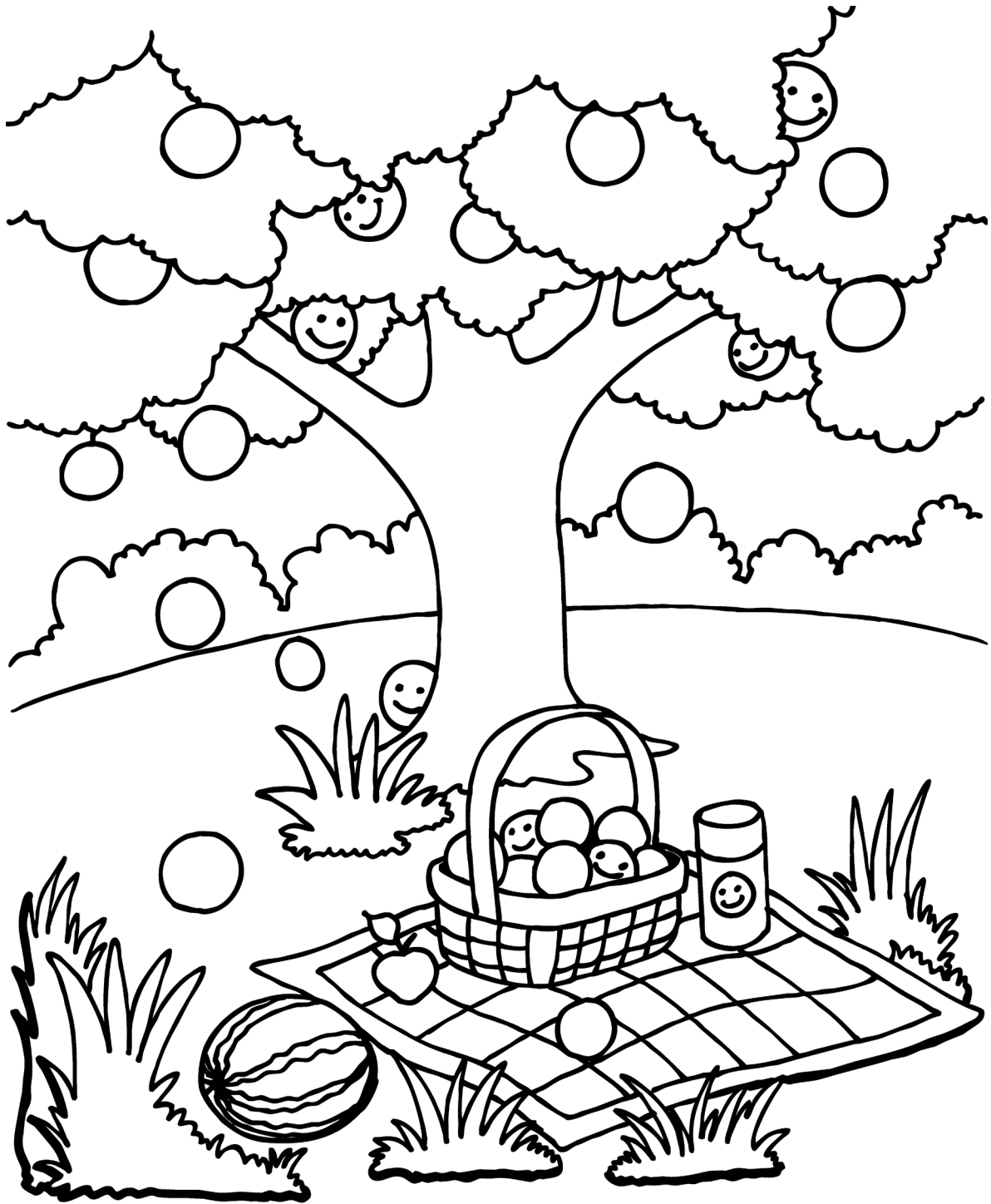
fun

learn



Fun & Excitement

GET READY! COLOR AND FIND 😊.



Why do you think the symbol for
Fun & Excitement is 😊 ?



Get Ready! Individual Challenge

- ▶ **Learn** something more about a subject that interests you.
- ▶ **Write a song** to help you memorize something for school.
- ▶ **Ask adults** to share what they found interesting in school.
- ▶ **Share with a friend** something you enjoy learning.
- ▶ Next time you are bored with an activity think of **what you can do** to make it more interesting.
- ▶ **Think** of your own Fun & Excitement challenge.



Get Ready! Class Challenge

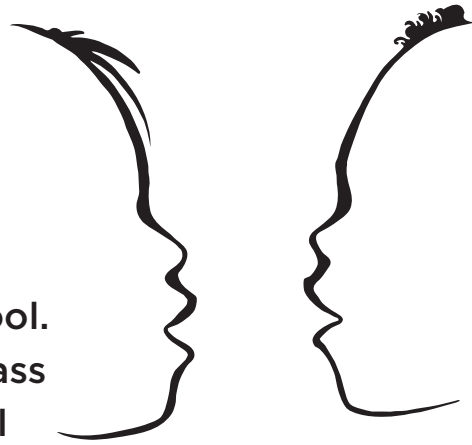
- ▶ **Develop a list** of topics you want to learn about.
- ▶ **Take short exercise breaks** throughout the day.
- ▶ **Work with a partner** on an assignment.
- ▶ **Help create** an interesting classroom environment.
- ▶ **Discover** the fun of playing in the classroom.
- ▶ **Develop** a classroom Fun & Excitement challenge.



Get Ready! Talk

Read and discuss the following.

Mary says she is always bored at school. She is never interested in what the class is studying. She does not think school can be fun.



1. How do you think Mary feels when she is bored at school?
2. Why do you think school is boring for her?
3. How would you help Mary enjoy school?
4. Share a time you did something positive to make school interesting.
5. What can you do to make school more fun?

Word Search

Find-Learn-Live

Find the words in the puzzle below.

Learn what the words mean.

Live the words everyday!



ENGAGE
ENJOY
EXCITEMENT
FUN
HAPPY

INTERESTING
INVOLVE
LAUGH
LEARN
WISDOM

V A P V O U T H B B M A
Y O J N E B A H A O I G
G L L P U P R Y D N S A
X P E V P F X S T Z O S
F K A Y N H I E Z S F E
Q Y R E E W R D Q R Y V
L T N E M E T I C X E L
F A S B S E N G A G E O
L B U T G J S U U U T V
C L I G D B Q P T N Y N
D N Y N H K K G P L X I
G I V M R J T U T R M X



CURIOSITY & CREATIVITY



What do we mean by Curiosity & Creativity?

Using your imagination to ask “why?”
and “why not?” about the world
around you.

Understanding Curiosity & Creativity



Respond to the questions below:

- ▶ What are you *curious* about?
- ▶ How do you *find* answers to your questions?
- ▶ What does it mean to be *creative*?
- ▶ How are you *creative* at school?
- ▶ What is something you would really like to *know* more about?

Curiosity & Creativity Words:

Try using each word in a sentence.

question

wonder

create

think

possible

imagination

dream

invent

artistic



Curiosity & Creativity

GET READY! COLOR AND FIND ?.



Why do you think the symbol for **Curiosity & Creativity** is ? ?



Get Ready! Individual Challenge

- ▶ **Ask at least one question** each day for a week.
- ▶ With an adult's help, **use the computer** to learn more about something you are learning in school. Share your discoveries.
- ▶ **Ask an older student** to teach you something they are learning in school.
- ▶ **Keep a journal** to record your ideas, thoughts, and questions. Ask one of your questions each day.
- ▶ Take a few minutes to **notice something new** about your classroom. Share your observations.
- ▶ Think of your own **Curiosity & Creativity** challenge.



Get Ready! Class Challenge

- ▶ **Develop a bulletin board** of wild animals. Each week learn about one of the wild animals.
- ▶ **Use finger paint** to create a classroom mural.
- ▶ **Create a question box** for the class to put questions they have always wondered about. Choose one question a day to discuss.
- ▶ **Play charades** or other games to show something you have learned.
- ▶ **Invite adults** to your class to share their creative talents.
- ▶ **Develop** a classroom Curiosity & Creativity challenge.



Get Ready! Talk

Read and discuss the following.

Butch loves to paint and draw. He is a very good artist. His friends think being good at painting and drawing are not as important as being good at reading and math.



1. How do you think Butch feels when he is painting and drawing?
2. Why do you think students in the class do not think Butch's talents are important?
3. What do artistic talents add to the classroom and learning?
4. Share a time you used your imagination in a project.
5. What can you do to be more creative at school?



Word Search

Find-Learn-Live

Find the words in the puzzle below.

Learn what the words mean.

Live the words everyday!



ARTISTIC
CREATE
CURIOSITY
DREAM
IMAGINATION

INVENT
MUSICAL
POSSIBLE
QUESTION
WONDER

W	Y	E	N	V	M	B	M	C	G	B	S
O	A	T	O	Y	N	U	R	A	C	W	E
N	R	C	I	G	S	E	S	K	E	L	F
D	G	E	T	S	A	B	M	I	B	R	C
E	X	B	S	T	O	V	D	I	C	V	D
R	T	N	E	V	N	I	S	L	N	A	O
D	Z	R	U	F	C	S	R	O	T	T	L
P	C	M	Q	X	O	G	F	U	E	A	R
S	U	C	Y	P	V	X	O	K	C	B	K
A	R	T	I	S	T	I	C	U	T	A	R
N	O	I	T	A	N	I	G	A	M	I	S
E	T	Z	L	W	B	F	Q	X	H	P	O



SPIRIT OF ADVENTURE



What do we mean by Spirit of Adventure?

Being excited to try new things even when you are not sure if you will be good at them.

Understanding Spirit of Adventure



Respond to the questions below:

- ▶ What does it mean to *learn* from your mistakes?
- ▶ Why is it important to set *goals* for yourself?
- ▶ Why is it sometimes difficult to *reach* your goals?
- ▶ What does it mean to take *healthy* risks?
- ▶ How do you *challenge* yourself to do better?

Spirit of Adventure Words:

Try using each word in a sentence.

challenge

goals

achieve

reach

success

risk

learn

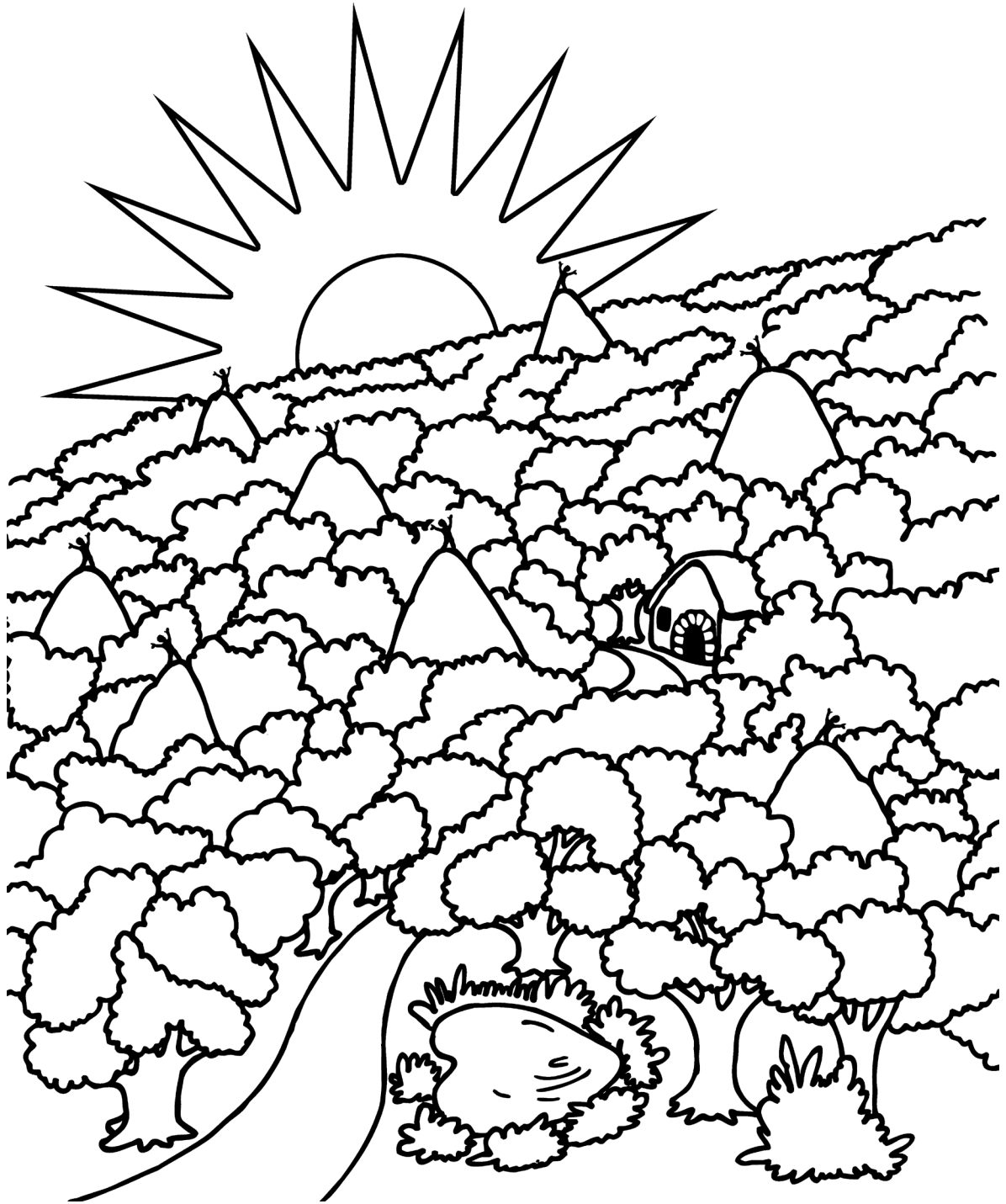
hard work

fail



Spirit of Adventure

GET READY! COLOR AND FIND



Why do you think the symbol for
Spirit of Adventure is a



Get Ready! Individual Challenge

- ▶ **Raise your hand** in class with an answer even if you are not sure you are right.
- ▶ **Try tasting** a new food at home or in the cafeteria.
- ▶ **Try a sport** or activity you have never done.
- ▶ **Create one goal** to achieve by the end of the week.
- ▶ **Put in extra effort** for your next homework assignment.
- ▶ **Think** of your own Spirit of Adventure challenge.



Get Ready! Class Challenge

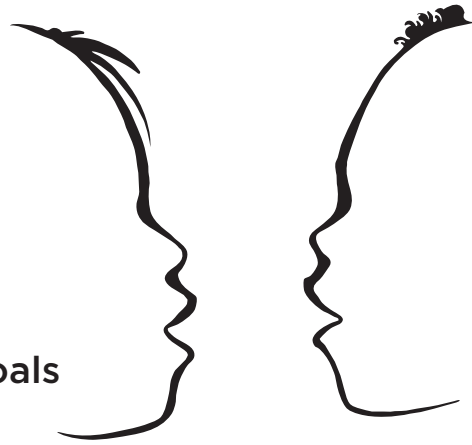
- ▶ **Create** class goals and measure progress.
- ▶ **Complete** a few extra problems at the end of your homework assignments.
- ▶ **Read** a book about someone who experienced failure but learned from the failure.
- ▶ **Visit** classrooms where the students are learning something you have not yet learned.
- ▶ **List** all the goals your class has achieved so far this year. Discuss how you achieved each goal.
- ▶ **Develop** a Spirit of Adventure classroom challenge.



Get Ready! Talk

Read and discuss the following.

Harry does fine in school, but he is afraid to try new things or set high goals for himself. He does not like to fail.



1. Why do you think Harry is afraid to fail?
2. When do you think it is okay to fail?
3. What kind of goals do you set for yourself?
4. Share a time you set a high goal for yourself and you succeeded in reaching your goal.
5. What can you learn from your mistakes?



Word Search

Find-Learn-Live



Find the words in the puzzle below.

Learn what the words mean.

Live the words everyday!

ACHIEVE
ADVENTURE
CHALLENGE
FAIL
GOAL

LEARN
PLAN
REACH
RISK
SUCCESS

F	X	C	M	R	N	L	E	K	V	Y	I
A	K	I	E	C	I	A	G	S	S	U	V
U	L	A	Z	A	M	P	N	I	Q	X	S
K	C	A	F	S	Q	A	E	R	C	E	U
H	B	A	O	J	I	S	L	X	T	K	C
Y	Y	P	C	G	D	J	L	Q	L	E	C
R	T	S	D	H	C	Y	A	W	R	O	E
P	L	A	N	K	I	Y	H	E	D	W	S
J	S	N	W	C	O	E	C	C	F	G	S
U	U	T	X	O	P	D	V	Q	X	Z	X
A	D	V	E	N	T	U	R	E	R	S	D
B	P	G	Y	N	N	R	A	E	L	R	R



LEADERSHIP & RESPONSIBILITY



What do we mean by Leadership & Responsibility?

Making your own decisions and accepting
consequences for those choices.

Understanding Leadership & Responsibility



Respond to the questions below:

- ▶ What does it mean to be a *leader*?
- ▶ How do you make *responsible* decisions?
- ▶ Why is it important to think about *others* before you make a decision?
- ▶ How can you *improve* your leadership skills?
- ▶ Why do good leaders need to be *good listeners*?

Leadership & Responsibility Words:

Try using each word in a sentence.

decisions

lead

listening

opinion

choice

responsible

speak-up

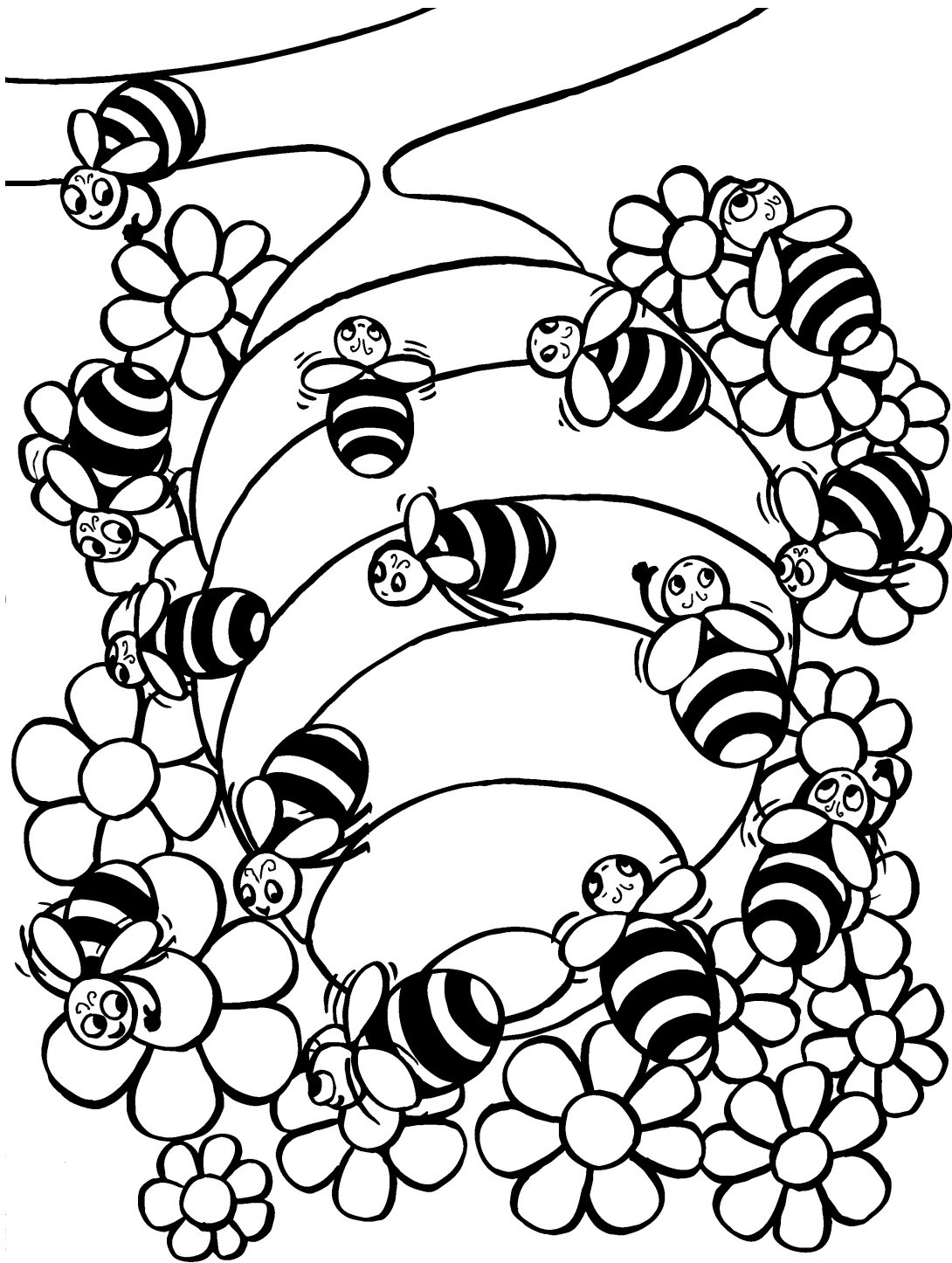
ideas


leadership



Leadership & Responsibility

GET READY! COLOR AND FIND .



Why do you think the symbol for **Leadership & Responsibility** is a  ?



Get Ready! Individual Challenge

- ▶ When you and your friends need to make a decision, **share your opinion.**
- ▶ **Ask your friends** for their opinion on something important to you.
- ▶ Next time you work in a group, **be the leader.**
- ▶ **Write a decision** you need to make. Then list all the choices you have for that decision.
- ▶ Next time you do something wrong, **admit your mistake** and share what you learned.
- ▶ **Think** of your own Leadership & Responsibility challenge.



Get Ready! Class Challenge

- ▶ **Discuss** leadership traits as a class. Identify one trait you have.
- ▶ **Seek** others' opinions and ideas on a daily basis.
- ▶ **Invite** the principal to the class to hear your ideas about the school.
- ▶ **Develop** a list of classroom responsibilities.
- ▶ **Find** out from the custodian what your class can do to help keep the school clean.
- ▶ **Develop** a Leadership & Responsibility classroom challenge.



Get Ready! Talk

Read and discuss the following.

Cali loves to be the class leader. She asks students for their ideas and always listens. Before Cali makes a decision, she always thinks about other students.



1. Why do you think Cali is a good leader?
2. What kind of leader are you?
3. What different ways can students be leaders?
4. Share a time you were a leader. What made you a leader in this example?
5. What can you do to be a better leader at school?



Word Search

Find-Learn-Live



Find the words in the puzzle below.

Learn what the words mean.

Live the words everyday!

CHOICE
DECISIONS
IDEA
JUSTICE
LEADERSHIP

LISTEN
OPINION
POSITIVE
RESPONSIBLE
SPEAK

V	E	K	P	Q	R	C	P	E	S	J	U
Y	L	A	T	O	J	S	R	H	P	W	A
I	B	E	X	K	S	A	J	I	S	V	S
O	I	P	O	N	E	I	H	E	J	N	R
P	S	S	W	D	E	S	T	U	S	Q	O
I	N	S	I	B	R	T	S	I	I	I	E
N	O	M	P	E	G	T	S	N	V	H	A
I	P	X	D	E	I	X	S	I	E	E	K
O	S	A	E	C	I	O	H	C	L	H	P
N	E	U	E	F	G	S	U	K	H	A	Q
L	R	U	S	J	D	X	S	P	Z	U	Z
D	E	C	I	S	I	O	N	S	D	I	B



CONFIDENCE TO TAKE ACTION



What do we mean by Confidence to Take Action?

Believing in yourself and knowing that
you can make a positive difference
for others.

Understanding Confidence to Take Action



Respond to the questions below:

- ▶ What does it mean to *believe* in yourself?
- ▶ Why is it important to know that you are *special*?
- ▶ What is something you know you are *good* at doing?
- ▶ Why should you be *proud* of who you are?
- ▶ What does it mean to be *confident*?

Confidence to Take Action Words:

Try using each word in a sentence.

confidence

believe

make a difference

strengths

positive

attitude

action

pride

powerful



Confidence to Take Action

GET READY! COLOR AND FIND ☆ .



Why do you think the symbol for
Confidence to Take Action is a ☆ ?



Get Ready! Individual Challenge

- ▶ **Try** doing something you are not very good at.
- ▶ **Help a friend** who is struggling with something at school.
- ▶ Do something that will **make school a better** place.
- ▶ Write down all that you have learned to do since you entered school. **Congratulate yourself** on achieving so much.
- ▶ **Compliment** your classmates when they do something well.
- ▶ **Think** of your own Confidence to Take Action challenge.



Get Ready! Class Challenge

- ▶ **Make a plan** for the entire class to become involved in a community service project.
- ▶ **Read** a book related to kids making a difference in their community.
- ▶ **Create** a bulletin board representing all the things your class wants to do with their lives.
- ▶ **Write a letter** to next year's teacher listing all your strengths and what you hope to learn next year.
- ▶ **Set a class goal** for everyone to learn something specific. The goal might be for everyone to learn counting by 3's. Create an atmosphere that is supportive and encouraging for everyone.
- ▶ **Develop** a Confidence to Take Action classroom challenge.



Get Ready! Talk

Read and discuss the following.

Joey does not think he is good at anything. He can not think of anything about himself that makes him proud.



1. Why is it important for Joey to believe in himself?
2. Why do you think Joey should be proud of himself?
3. What does it feel like to be confident?
4. Share a time you believed in yourself.
5. What can you do to improve your confidence?



Word Search

Find-Learn-Live



Find the words in the puzzle below.

Learn what the words mean.

Live the words everyday!

ACTION

ATTITUDE

BELIEVE

CONFIDENCE

DIFFERENCE

FUTURE

HOPE

POSITIVE

PRIDE

SELF

X	H	H	X	Q	K	H	F	Z	E	P	Q
U	F	T	H	I	I	N	A	C	D	O	E
U	H	K	Y	V	G	Q	N	N	I	S	Y
Q	I	C	O	Y	E	E	R	R	R	I	N
D	R	D	E	A	D	R	B	A	P	T	L
V	V	P	R	I	T	E	U	F	G	I	K
P	O	X	F	Z	L	T	W	T	H	V	N
H	M	N	Z	I	O	D	I	N	U	E	H
N	O	C	E	N	V	S	E	T	Q	F	A
C	W	V	N	O	I	T	C	A	U	U	Q
P	E	N	S	E	L	F	A	T	B	D	Z
D	I	F	F	E	R	E	N	C	E	J	E

CONFIDENCE TO TAKE ACTION



notes & doodles

notes & doodles