

## Y Is for "You Can Do It!"

You may face difficulties that seem too hard for you, or that might scare you to try. It can take courage to do something you are afraid of. When you face your fears and take small steps toward doing what is difficult for you, you gain courage. You feel braver and stronger every time you try, until you finally realize that you can do it!

Keep trying, even when it's difficult, until you succeed! This is how you become victorious.

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### Put it into action:

If you're facing a new challenge, make a poster for your wall that says "You can do it! Keep trying!" Decorate your poster and hang it somewhere in your room to remind yourself that you can be victorious.

