

The Adventures of  
**Harry & Friends**  
**I HAVE SELF-CONTROL**

& THIS IS HOW I DO IT.

I TAKE  
DEEP  
BREATHS.

I APPRECIATE  
WHAT I HAVE.

I CELEBRATE MY  
FRIENDS' SUCCESSES.

I PAUSE FOR  
A MOMENT  
BEFORE I  
REACT.

I LISTEN  
BEFORE I  
SPEAK.

I CHOOSE TO  
TAKE THE  
HIGH ROAD.

