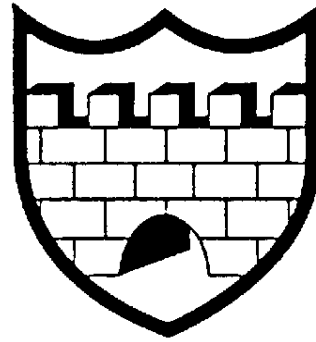


*Have a go at
something new.*



*Be brave to make
mistakes.*

*The
y a p t o n
e
s
!*

*Be
yourself.*

*Ask for
help.*

*Decide if the challenge is
really worth worrying about.*



*Say,
“Yes, I can!”*