

ReFRAME It!

“Be thou ever hopeful, for the bounties of God never cease to flow upon man. If viewed from one perspective they seem to decrease, but from another they are full and complete.” —Abdu'l-Bahá

Picture this: you're having fun taking photos at the park. You love exploring nature with a camera! But when it's time to share and talk about your photos with friends, you get anxious. What if they think your pictures are awful?

Instead of letting the feeling of worry call the shots, try **reframing**—shift your focus and look at things from a new angle. Accept that everybody

makes mistakes and that learning a skill takes time. But when you learn it, it's an amazing feeling. Zoom in on realistic thoughts. Try telling yourself, “These photos might not look great, but I can get feedback and learn new things. If I keep trying and working at it, I'll get better.”

Reframing can calm your worries and free you up to take your best shot!

Unscramble the letters on each frame to find nine words that help us stay positive.

