



Coaching

Cards



How to use the cards

- ➔ You can use these cards by yourself.
- ➔ They can help you feel good about decision making.
- ➔ You can use them to support your peers.
- ➔ You can use them to tell your Decision Supporter how you feel and what you want to do.
- ➔ Read the card and talk about what it says.





I can try new things.





I can change my mind.





I can trust my heart and gut.





I can ask for support.





I can speak up about how I feel.





I can live my life my way.





I can celebrate the small steps.





I can make my own choices.





I believe in me.