



Even though you can't control everything in life, there are so many things you *do have the power* to choose – every single day, like:

- Your attitude and thoughts
- How you respond to challenges
- What you watch, read, and listen to
- Who you spend time with (online and in person!)
- How you express your emotions
- What's one small choice you can make today that shows your personal power?

Developmental Asset #37 — PERSONAL POWER: Young person feels they have control over "things that happen to me."

Learn more at [www.projectcornerstone.org](http://www.projectcornerstone.org)



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