

MR. PERFECT

By Roger Hargreaves



Does everything have to be perfect and if it is not, it is worth bothering?

LITTLE MISS HELPFUL

by Roger Hargreaves



Do you always
want to help
people and
neglect helping
yourself?

Do you spend
too much
time worrying
what might
go wrong?

MR. WORRY

Roger Hargreaves



LITTLE MISS SHY

By Roger Hargreaves



Do you have
lots to say but
are too shy to
say it?

Go your own way



My last "live" assembly was about resilience



Number 1 of the 10 tips to grow resilience was "Take a journey of self discovery"



This means know yourself. If you are a perfectionist, helpful, worry and/or are shy - know that these are strengths and make you who you are



But make sure they don't hold you back



Embrace them



But be yourself and go your own way!

Go your own way

- Find your own path in life
 - Be yourself
 - Work on the areas you know hold you back
-
- If you are lucky enough to have a streaming service or able to listen to the track another way. Today's music to finish the Assembly is:
 - Go Your Own Way by Fleetwood Mac

