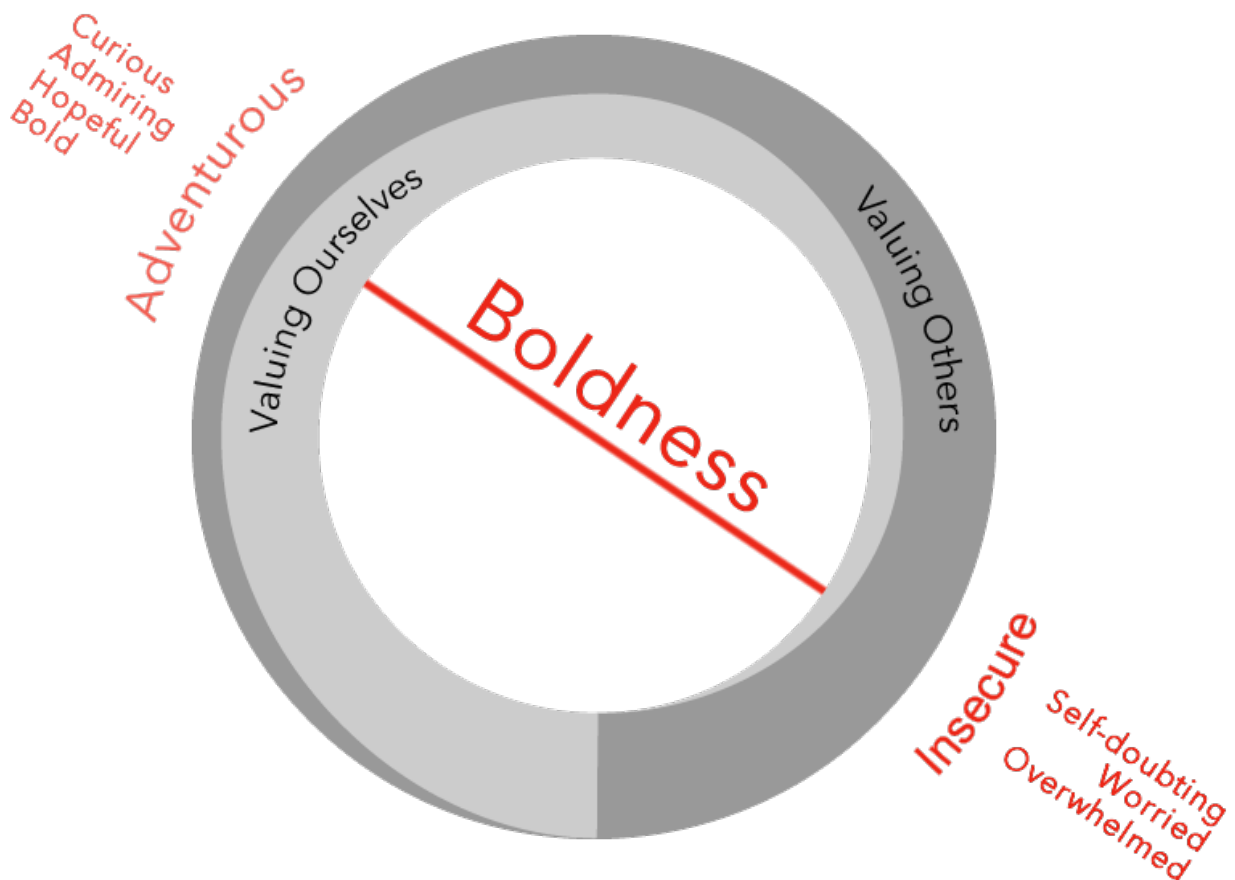


Insecure Zone

feeling self-doubt, worried or overwhelmed

I feel unsure of myself and worry I'm not capable enough. Everything feels too much. I'm stressed and distracted and think I can't cope. I feel things are out of control, something bad might happen. I feel stuck and expect the worst. I feel it's all my fault. I feel like giving up, so I need to do something to help me feel in control. I look for help and try to work out how I can mend things.



Boldness

The drive that comes from trust in ourselves and others and belief that we can make a difference to things that are worth working for. It is living life to the full.