

**I always do  
the best I know how**



**and when I know better  
I do better**

Colour in this picture and then if you want to, you can pin it up somewhere so that every day it will remind you and everyone else that you always do the best that you know how.....and as you know better, of course, you will do better. This means that you can just be yourself without being compared with anyone else.....because everyone learns things in their own way at their own timing. Knowing that whatever you do, you always do the best you can with what you know means that no matter what anyone else says about you, or what they do, you know you are a good person.

I am one of many Seeds for Children's Self Esteem ...print more at: [www.goodwillpeople.net](http://www.goodwillpeople.net)