

# PEP TALK

to: \_\_\_\_\_

from: \_\_\_\_\_

why you need it: \_\_\_\_\_

- you got this!
- nobody's perfect
- hates gonna hate
- crack me up
- you've been through worse
- you are my hero
- tomorrow will be better
- it's 5 o'clock somewhere
- sh\*t happens
- I believe in you
- I'm proud of you
- it's part of the journey

and: \_\_\_\_\_

if that doesn't work: \_\_\_\_\_

- eat ice cream
- fake it
- step away
- cry it out
- go to bed
- take a shot
- punch a pillow
- you're screwed

# PEP TALK

to: \_\_\_\_\_

from: \_\_\_\_\_

why you need it: \_\_\_\_\_

- you got this!
- nobody's perfect
- hates gonna hate
- crack me up
- you've been through worse
- you are my hero
- tomorrow will be better
- it's 5 o'clock somewhere
- sh\*t happens
- I believe in you
- I'm proud of you
- it's part of the journey

and: \_\_\_\_\_

if that doesn't work: \_\_\_\_\_

- eat ice cream
- fake it
- step away
- cry it out
- go to bed
- take a shot
- punch a pillow
- you're screwed

# PEP TALK

to: \_\_\_\_\_

from: \_\_\_\_\_

why you need it: \_\_\_\_\_

- you got this!
- nobody's perfect
- hates gonna hate
- crack me up
- you've been through worse
- you are my hero
- tomorrow will be better
- it's 5 o'clock somewhere
- sh\*t happens
- I believe in you
- I'm proud of you
- it's part of the journey

and: \_\_\_\_\_

if that doesn't work: \_\_\_\_\_

- eat ice cream
- fake it
- step away
- cry it out
- go to bed
- take a shot
- punch a pillow
- you're screwed

# PEP TALK

to: \_\_\_\_\_

from: \_\_\_\_\_

why you need it: \_\_\_\_\_

- you got this!
- nobody's perfect
- hates gonna hate
- crack me up
- you've been through worse
- you are my hero
- tomorrow will be better
- it's 5 o'clock somewhere
- sh\*t happens
- I believe in you
- I'm proud of you
- it's part of the journey

and: \_\_\_\_\_

if that doesn't work: \_\_\_\_\_

- eat ice cream
- fake it
- step away
- cry it out
- go to bed
- take a shot
- punch a pillow
- you're screwed