



Be optimistic

Don't regret about any mistake you made, but learn from it and gain a power from it.



Ignore all your bad memories, stop thinking of it.



Develop your self confidence and keep saying optimistic words (yes I can, yes I will do it)



Don't be sad, don't let sadness becomes a part of your life.



Depend on your self only, do what you are supposed to do.



Don't repeat your acts, try new things and refresh your life.



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY



مركز الإرشاد الجامعي
University Counseling Center



@UODCC



0133330844



CAC@UOD.EDU.SA