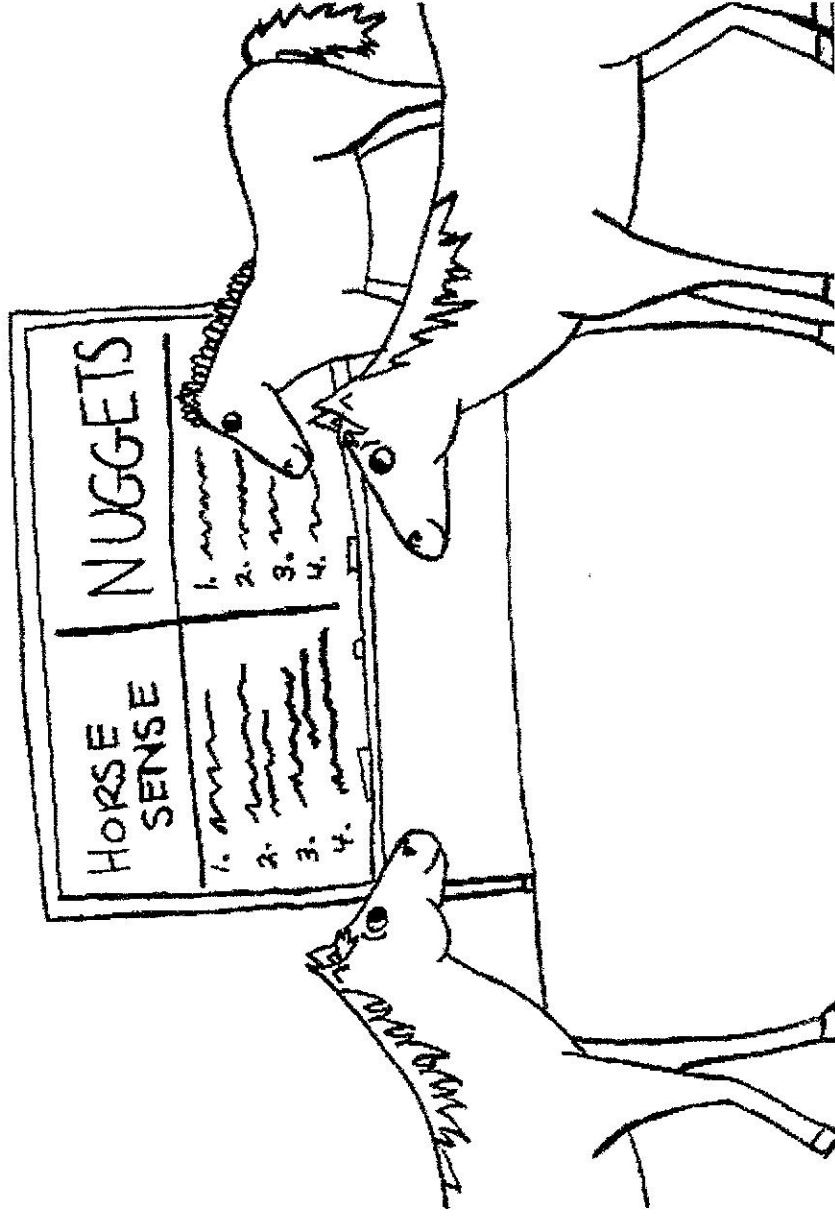


**ROWDY'S 10  
HORSESENSE  
NUGGETS OR  
HELPFUL  
IDEAS TO HELP  
ME MAKE  
BETTER  
CHOICES**



**1. E W \_\_\_\_\_ & Avoid Too Many Sweets!**

**(EWATMS)**

**2. Avoid O S \_\_\_\_\_ !**

**(AOS)**

3. Don't S \_\_\_\_\_ E \_\_\_\_\_ You Think!  
(DSEYT)
4. Practice G \_\_\_\_\_ R \_\_\_\_\_ ! (PGR)
5. Progress Not P \_\_\_\_\_ ! (PNP)
6. Structure & R \_\_\_\_\_ ! (S&R)
7. Stick T \_\_\_\_\_ I \_\_\_\_\_ ! (STI)
8. Develop V \_\_\_\_\_ C \_\_\_\_\_ ! (DVC)
9. Get O \_\_\_\_\_ ! (GO)
10. Keep O \_\_\_\_\_ ! (KO)

I THINK I CAN DO IT...I THINK I CAN DO IT...

I **KNOW** I CAN DO IT AND I **WILL** DO IT!!!!