

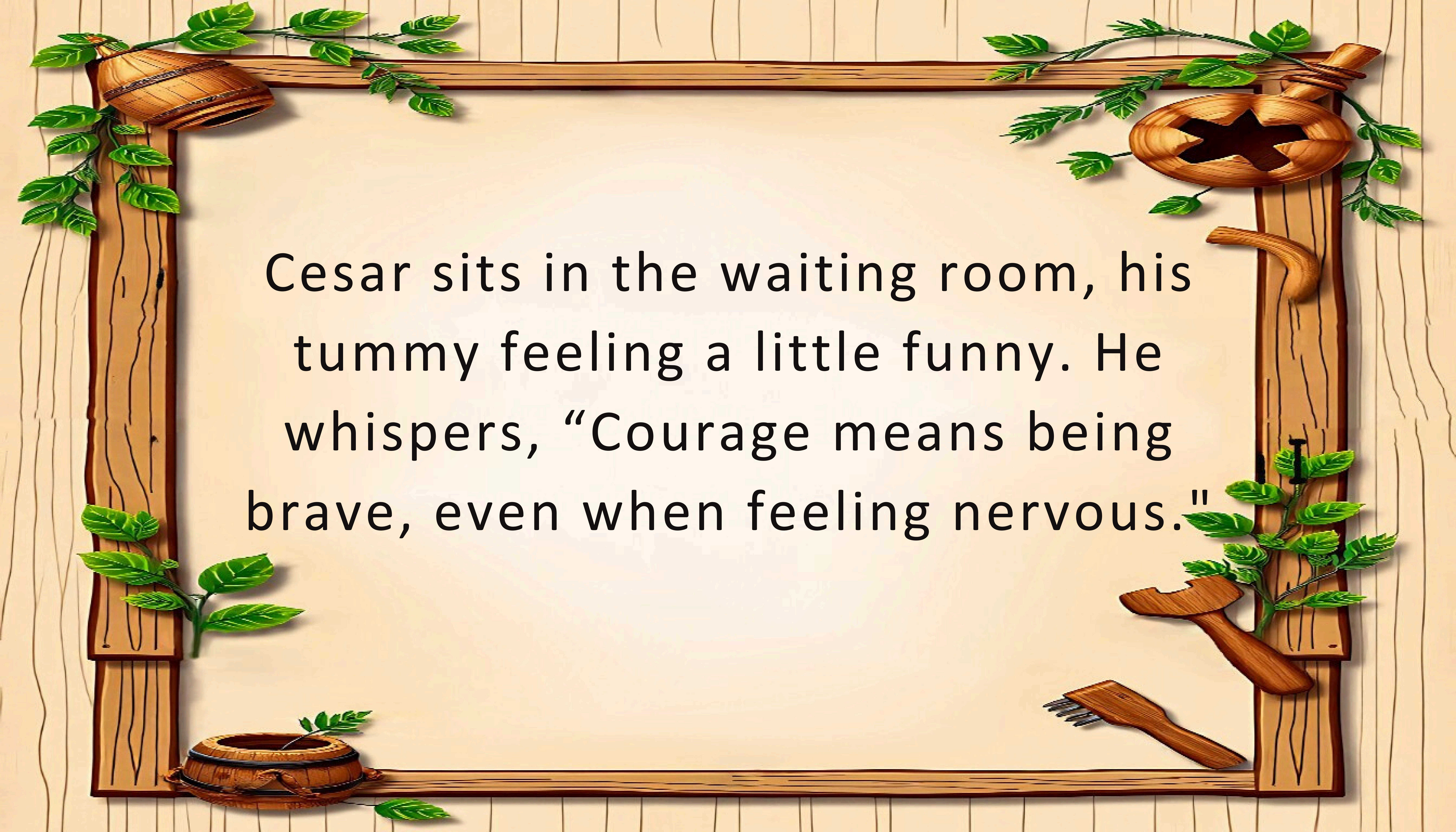
CESAR SHOWS COURAGE AT THE DOCTOR

Using his Orange Courage Mindset



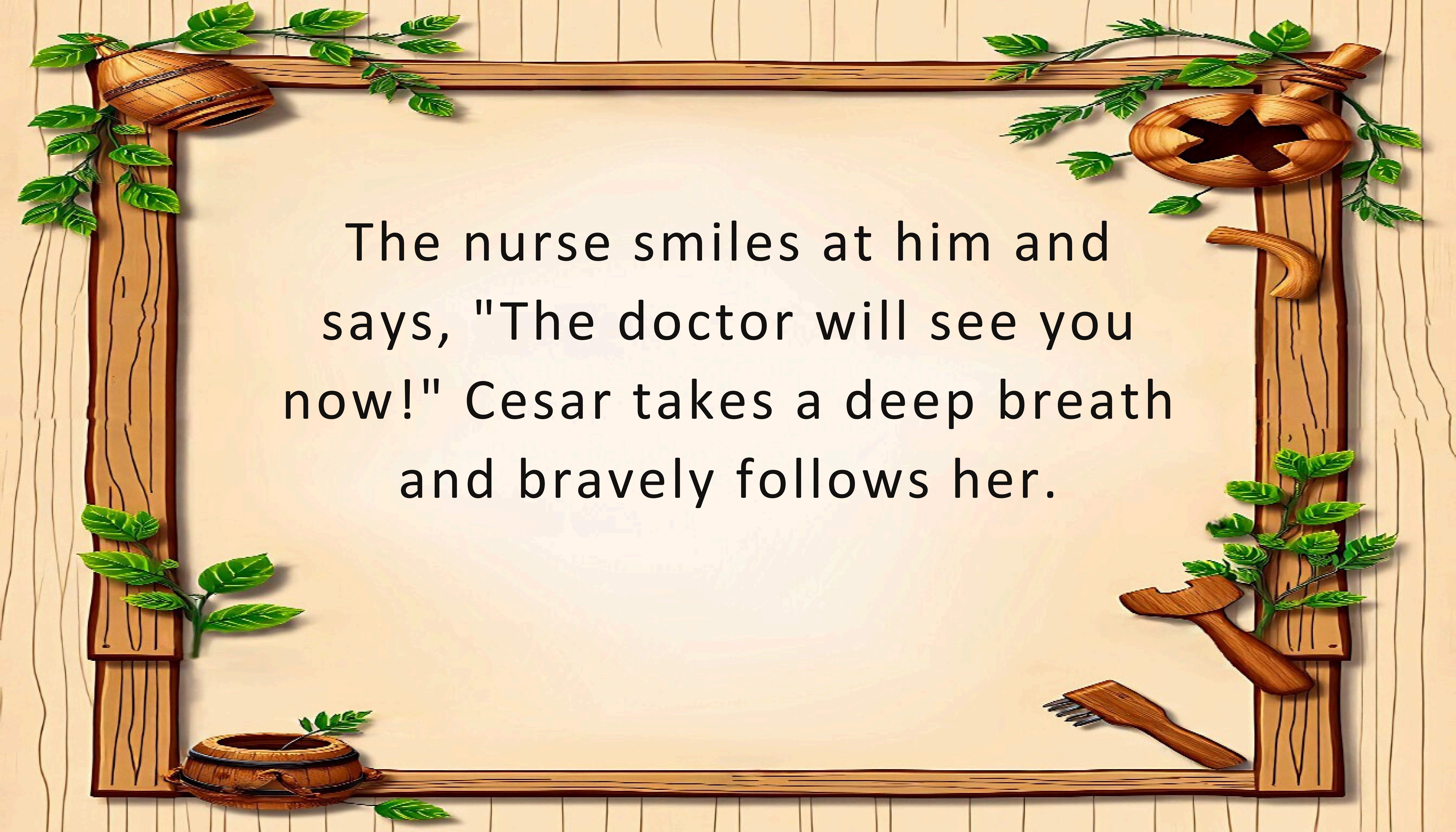
Dr Diana Chavez Ketterman





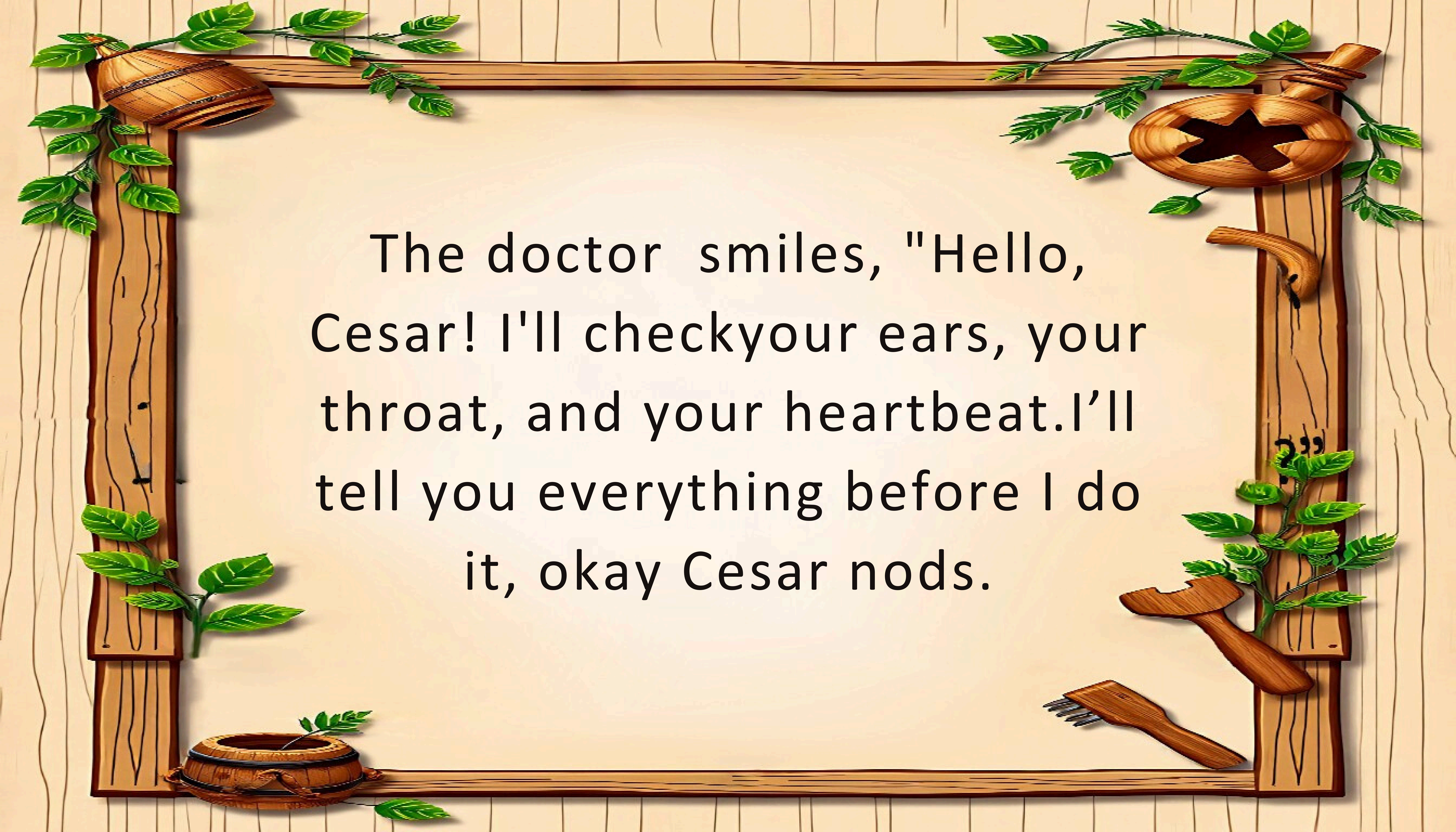
Cesar sits in the waiting room, his
tummy feeling a little funny. He
whispers, "Courage means being
brave, even when feeling nervous."





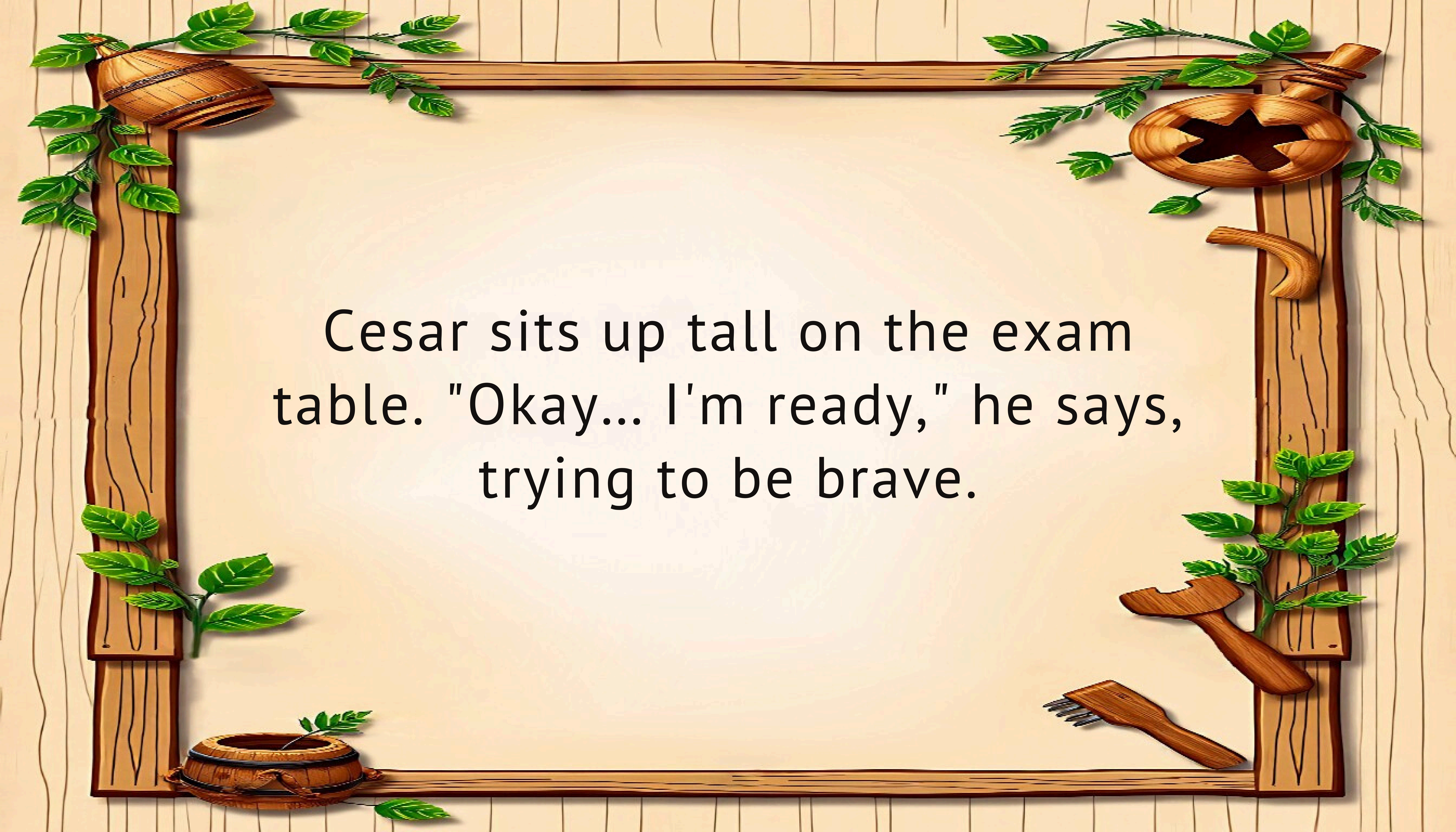
The nurse smiles at him and
says, "The doctor will see you
now!" Cesar takes a deep breath
and bravely follows her.





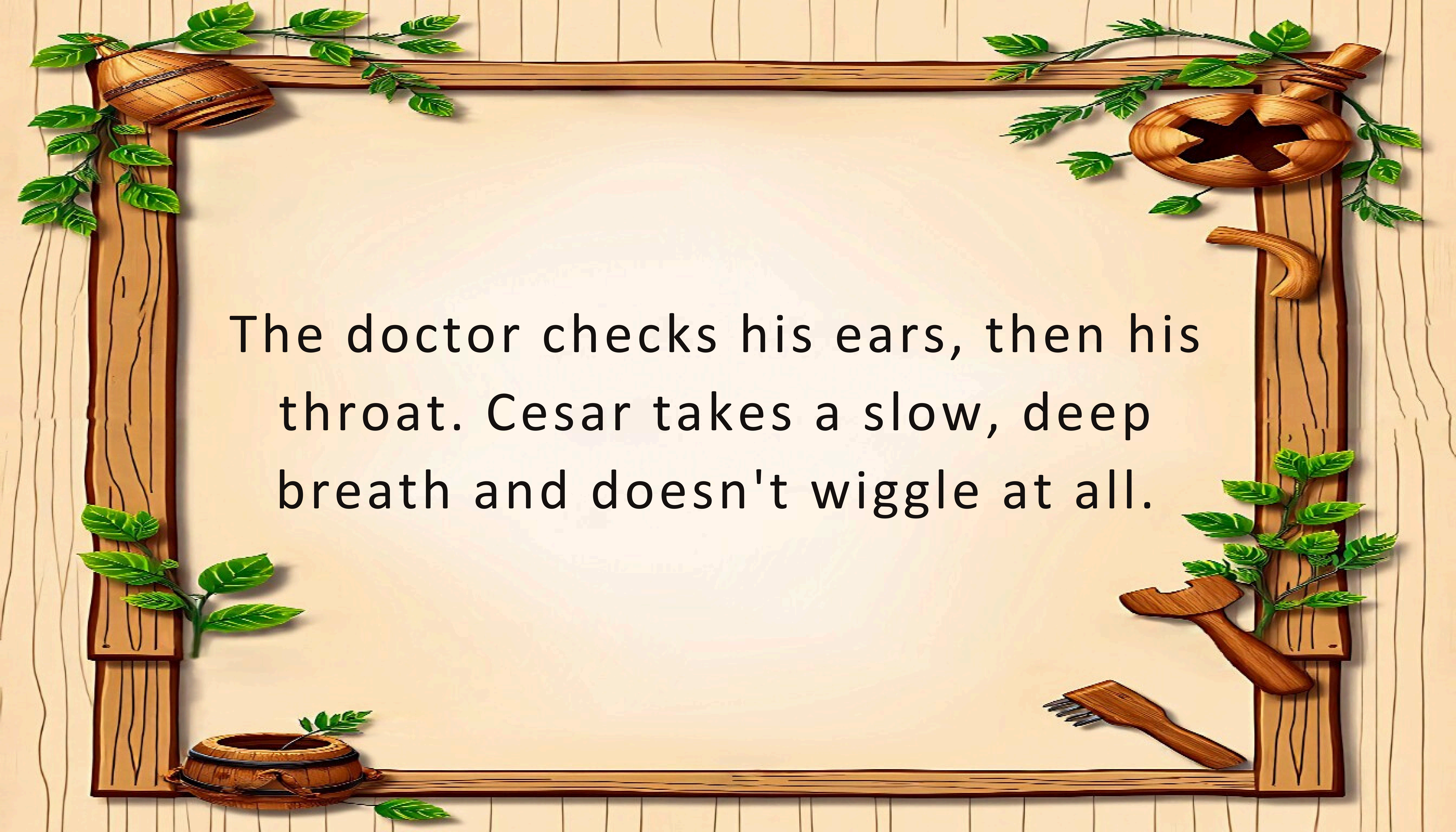
The doctor smiles, "Hello,
Cesar! I'll check your ears, your
throat, and your heartbeat. I'll
tell you everything before I do
it, okay Cesar nods."





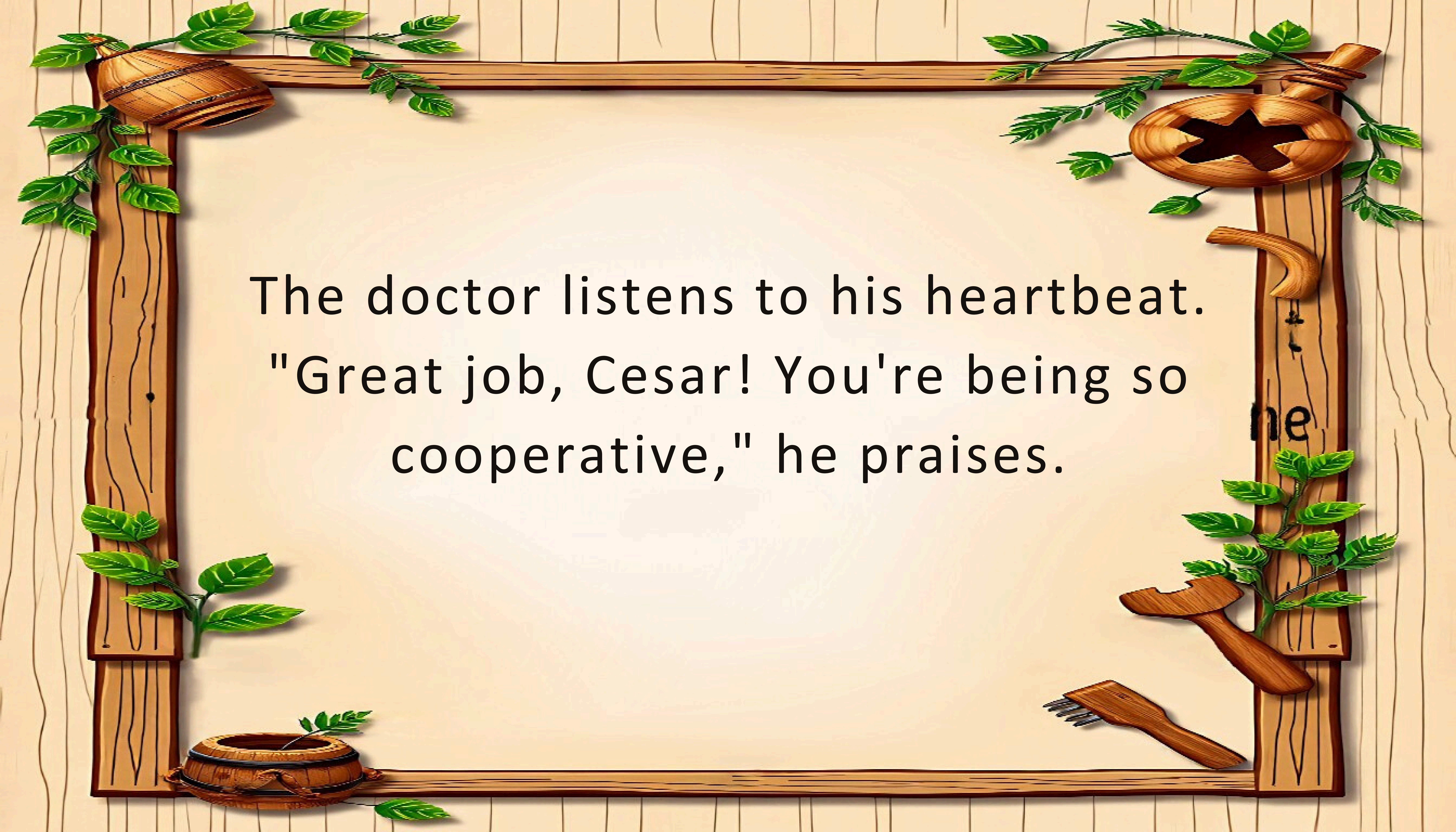
Cesar sits up tall on the exam table. "Okay... I'm ready," he says, trying to be brave.





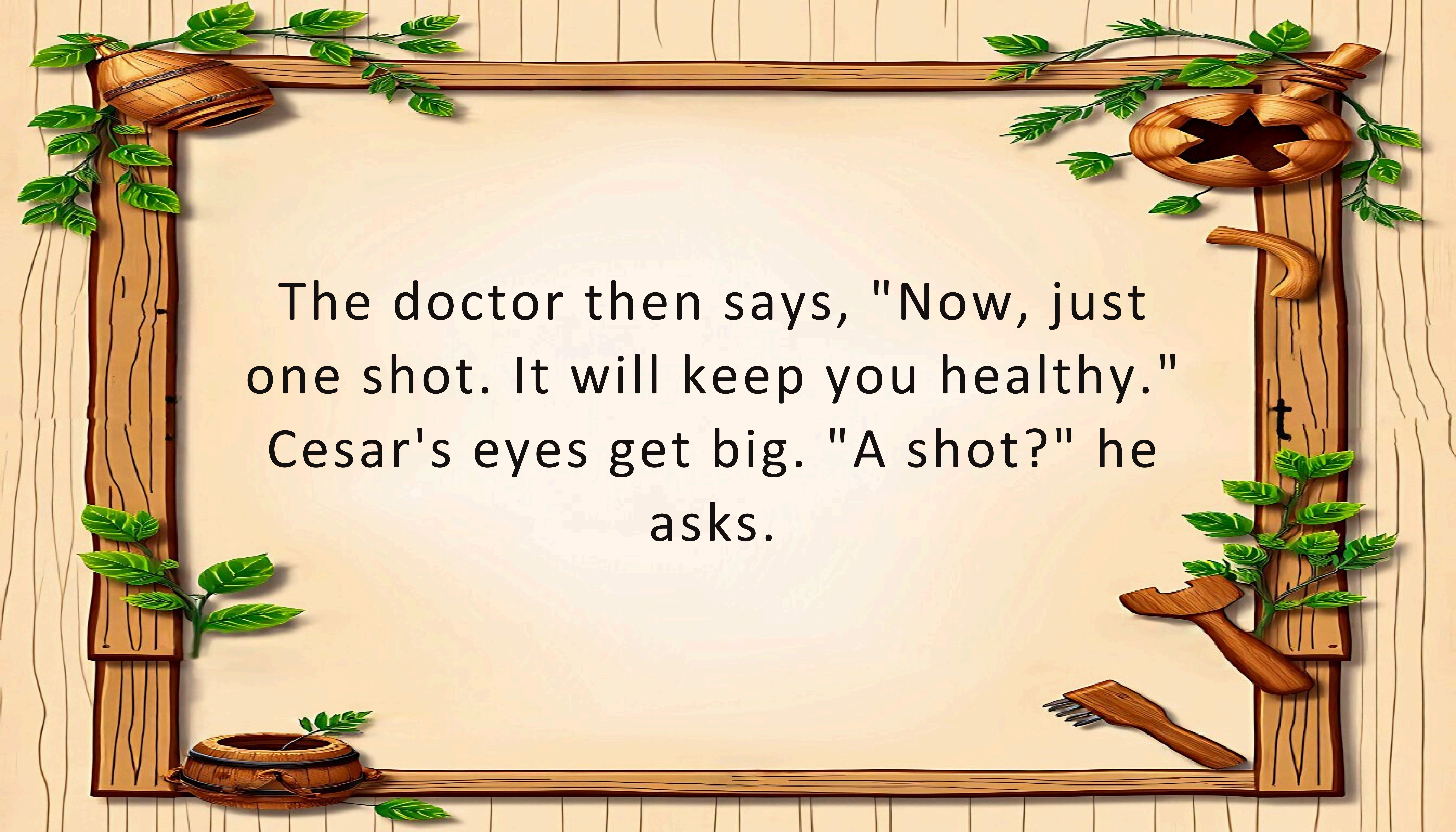
The doctor checks his ears, then his
throat. Cesar takes a slow, deep
breath and doesn't wiggle at all.



The image features a central text area framed by a rustic wooden border. The border is composed of several horizontal and vertical wooden planks. Various natural and crafted items are attached to the frame: a large, hollowed-out wooden gourd with a dark interior is in the top-left corner; green leaves and vines are draped along the top and left sides; a small wooden bowl with a dark interior is in the bottom-left corner; a wooden comb with dark teeth is in the bottom-right corner; and a small, curved wooden object is on the right side. The background within the frame is a light, textured surface.

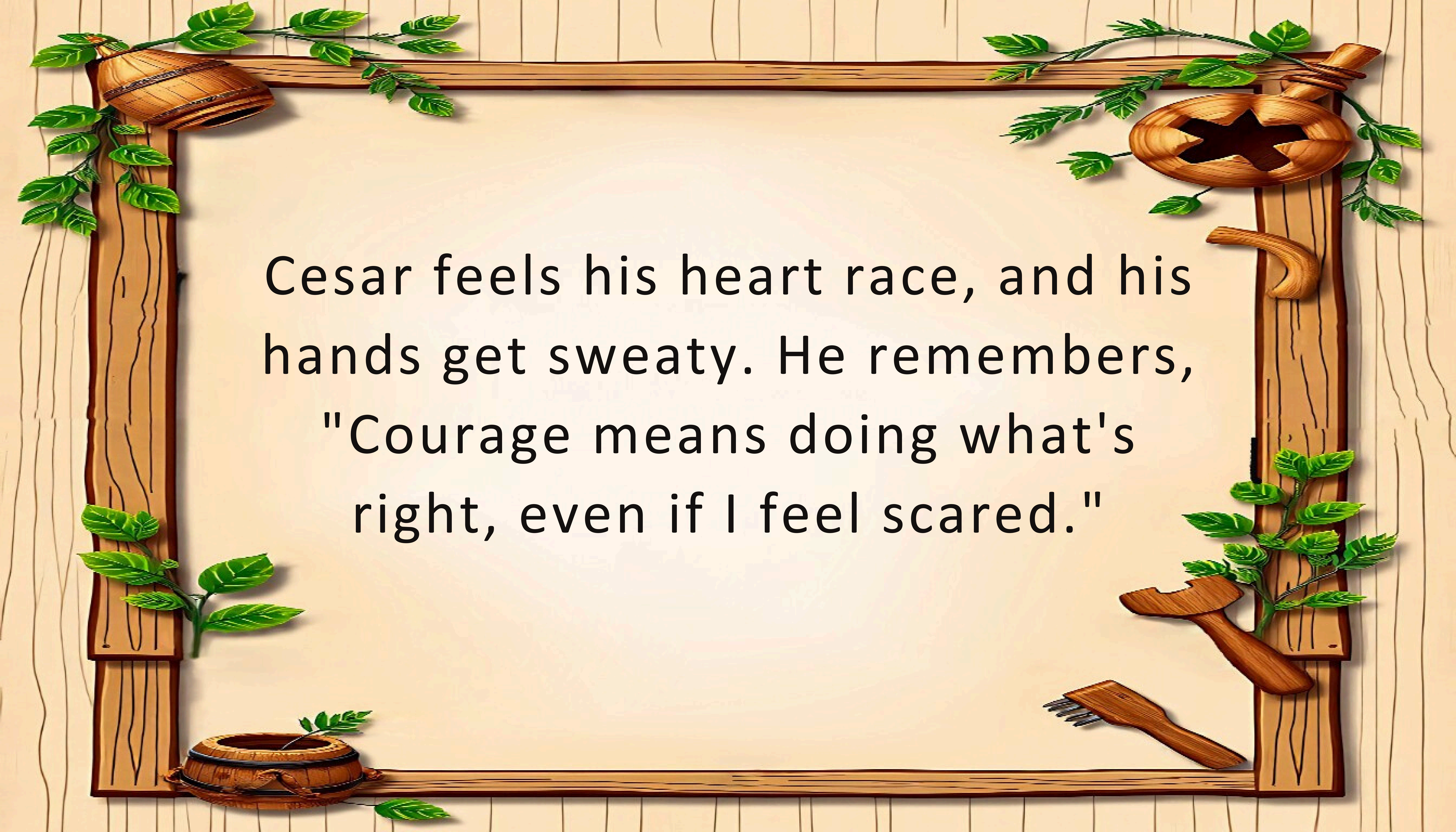
The doctor listens to his heartbeat.
"Great job, Cesar! You're being so
cooperative," he praises.





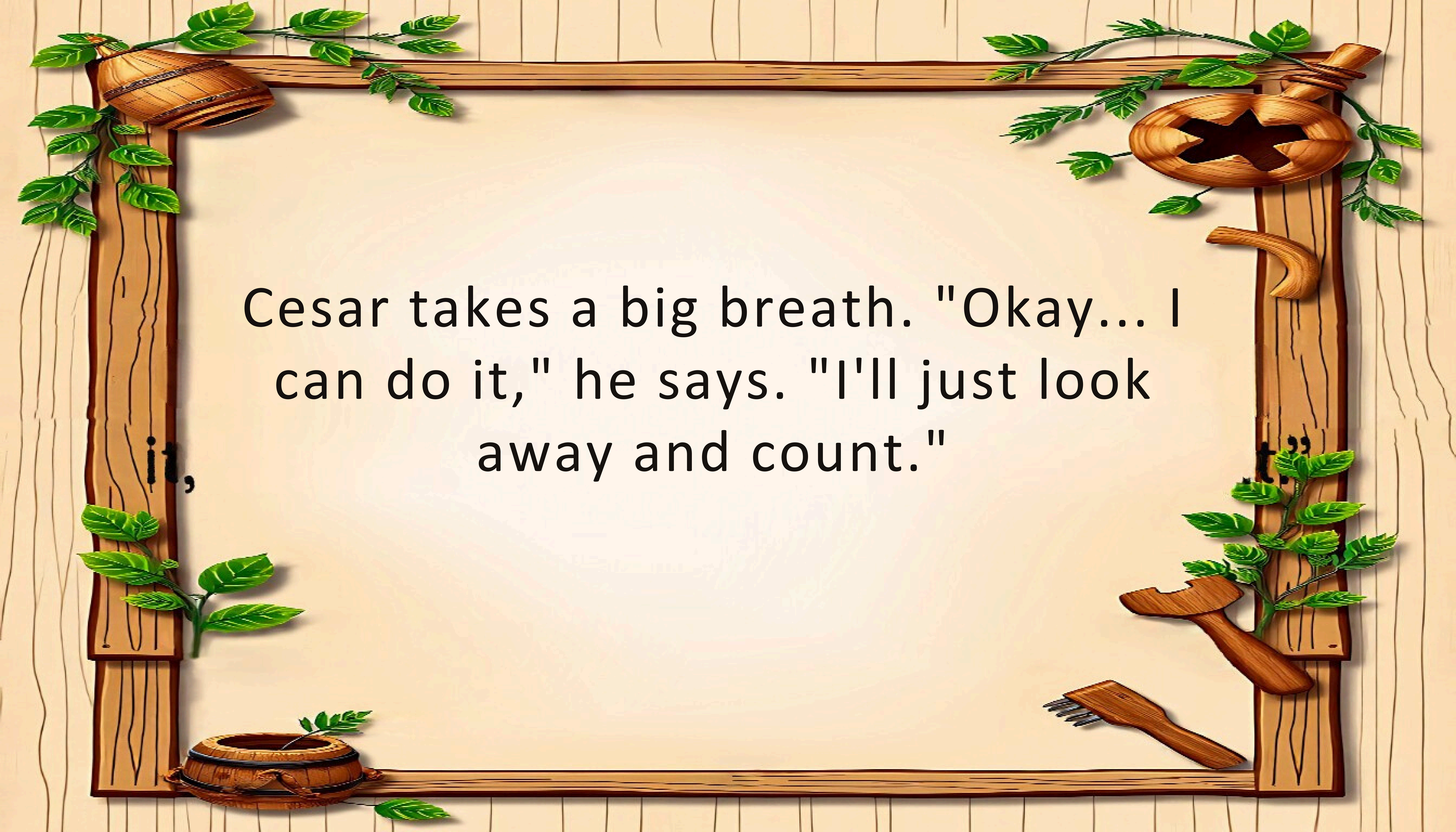
The doctor then says, "Now, just one shot. It will keep you healthy." Cesar's eyes get big. "A shot?" he asks.





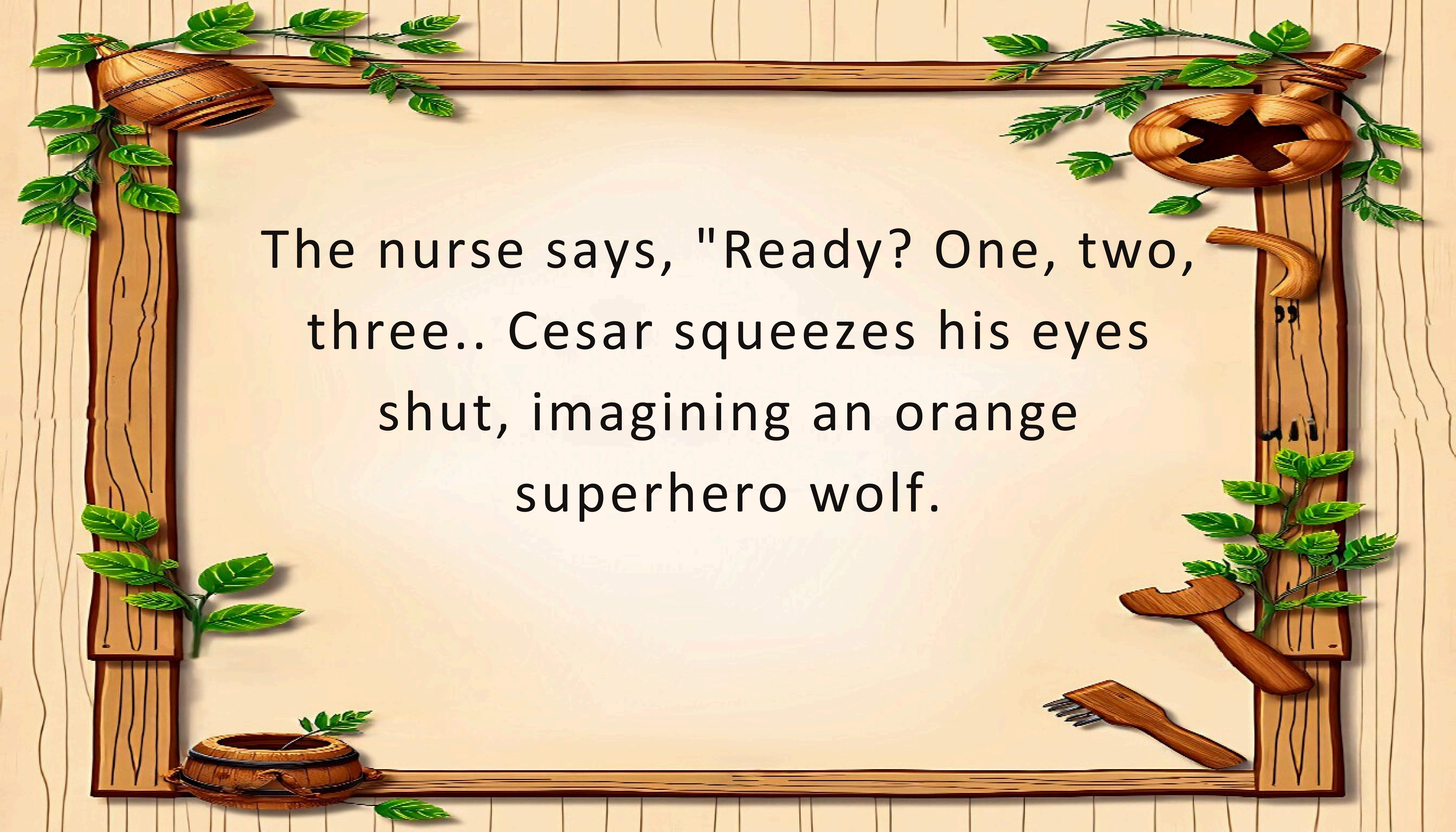
Cesar feels his heart race, and his hands get sweaty. He remembers, "Courage means doing what's right, even if I feel scared."





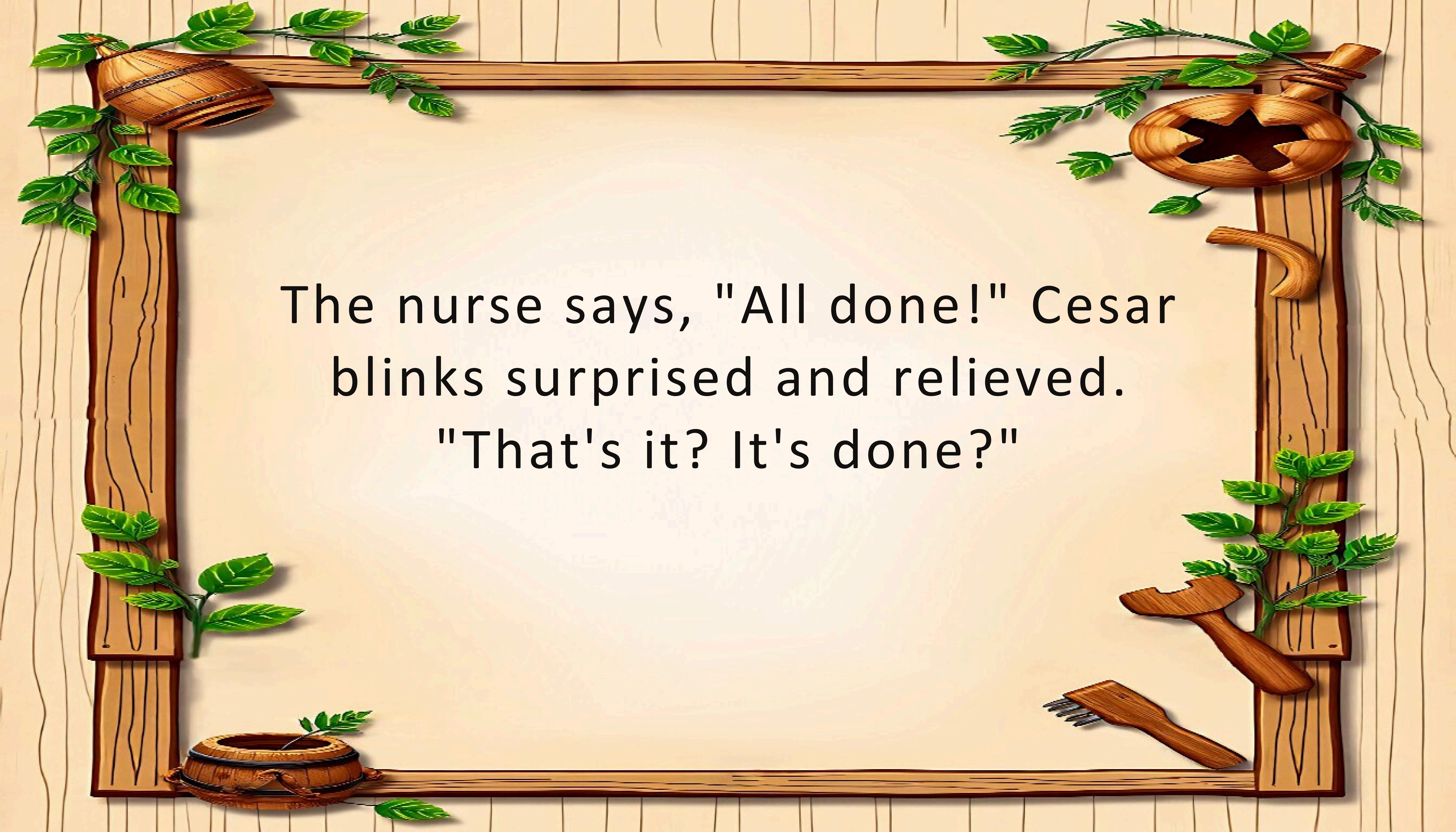
Cesar takes a big breath. "Okay... I
can do it," he says. "I'll just look
away and count."





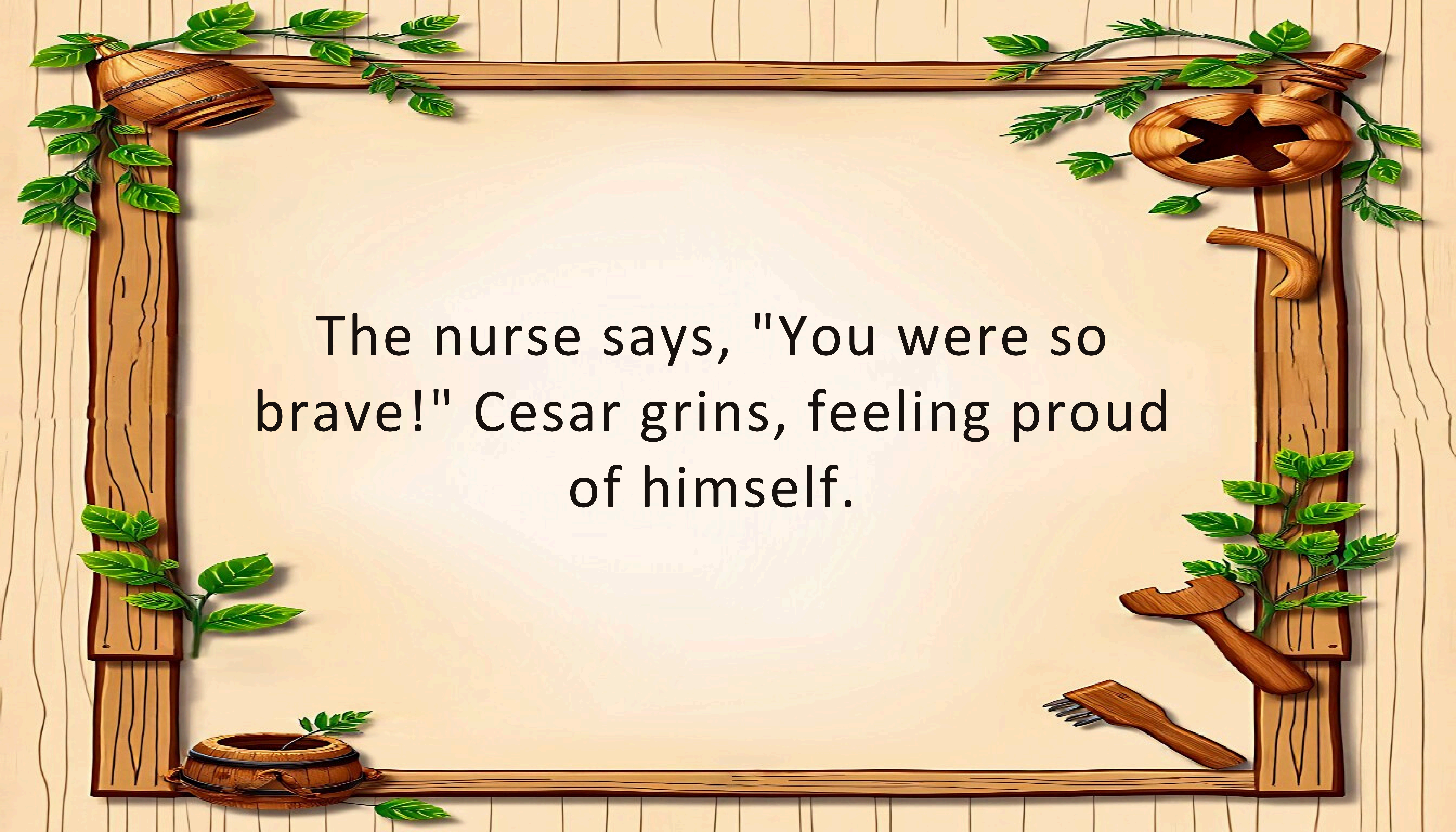
The nurse says, "Ready? One, two, three.. Cesar squeezes his eyes shut, imagining an orange superhero wolf.





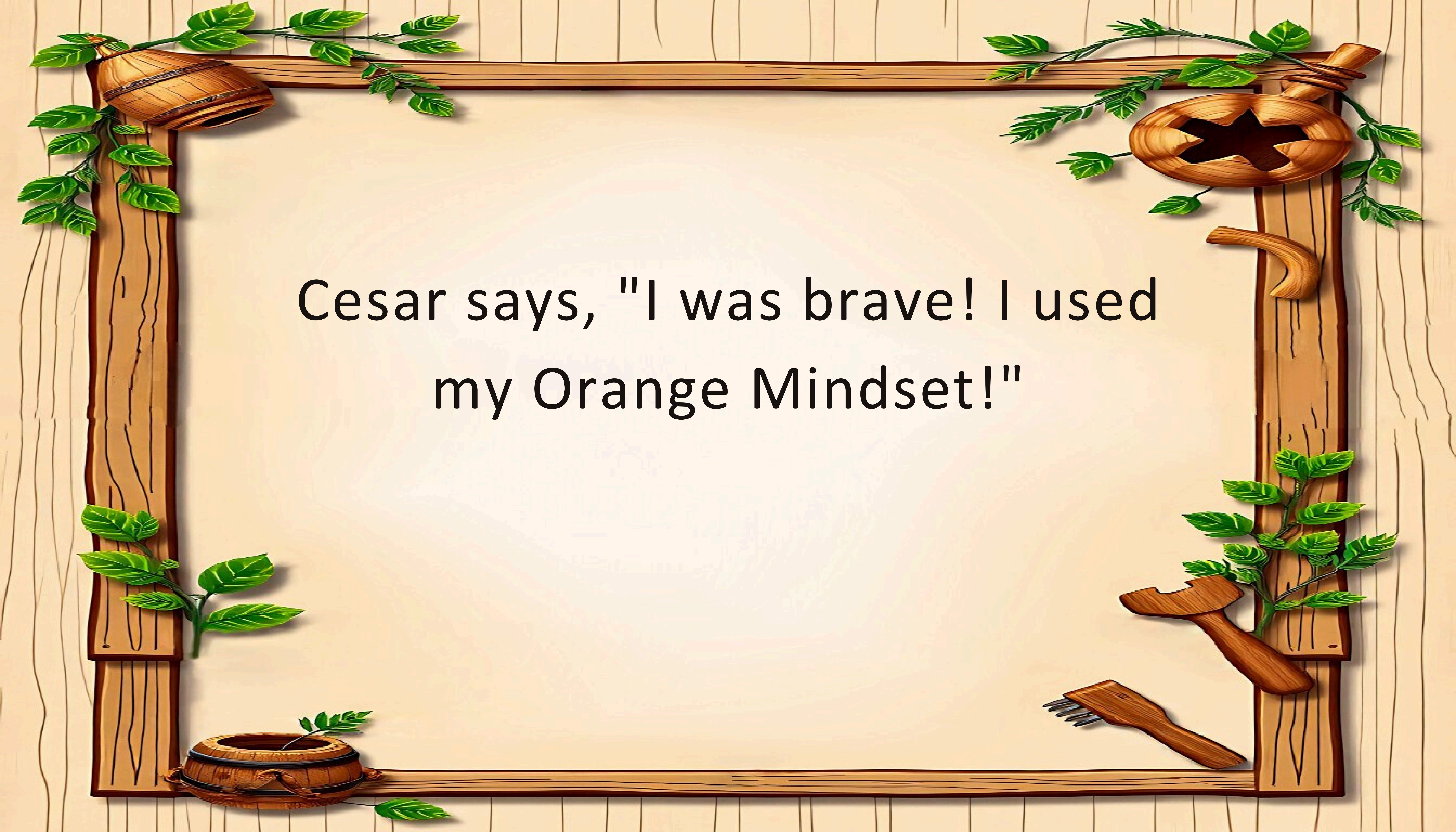
The nurse says, "All done!" Cesar
blinks surprised and relieved.
"That's it? It's done?"





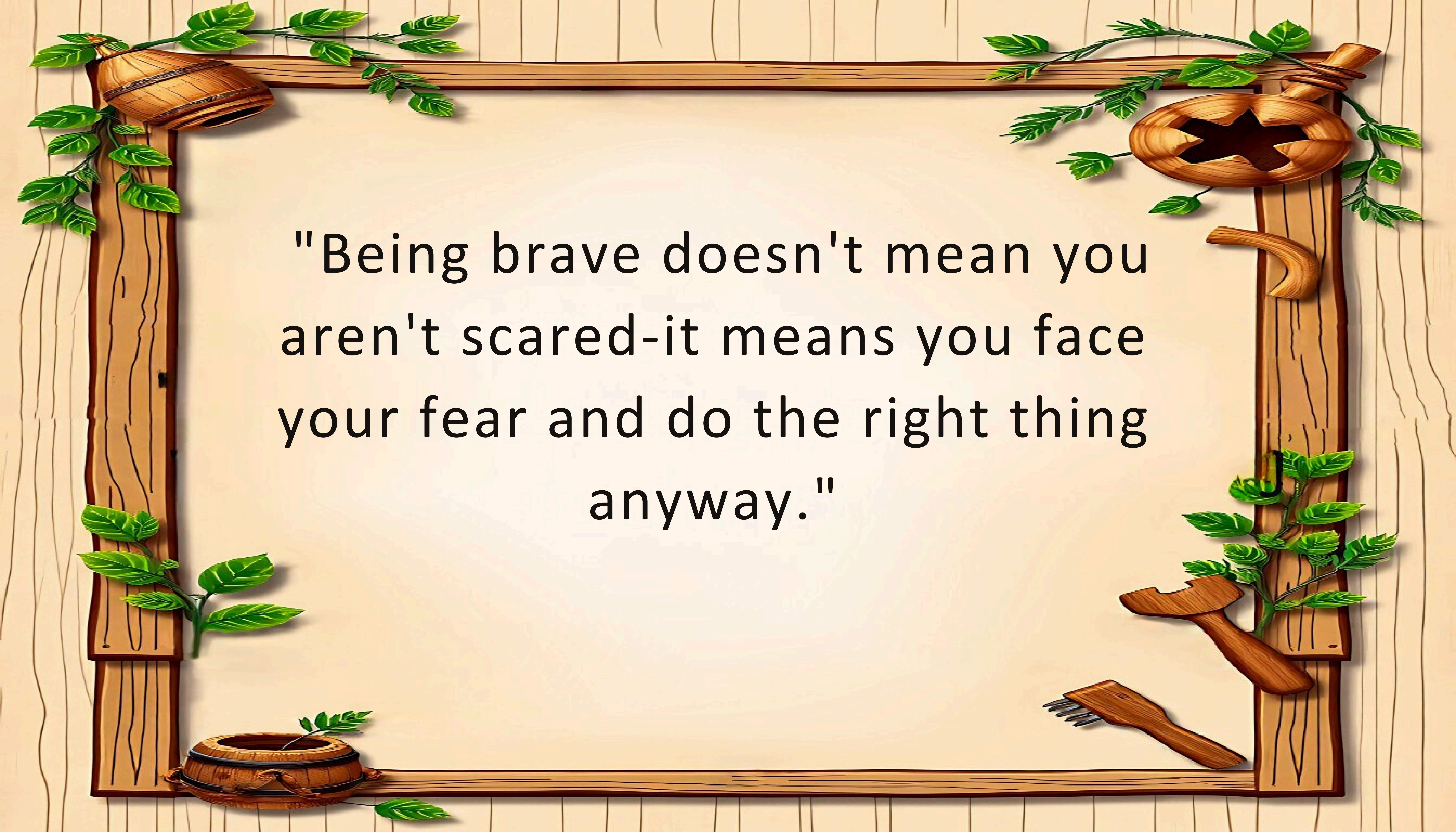
The nurse says, "You were so brave!" Cesar grins, feeling proud of himself.





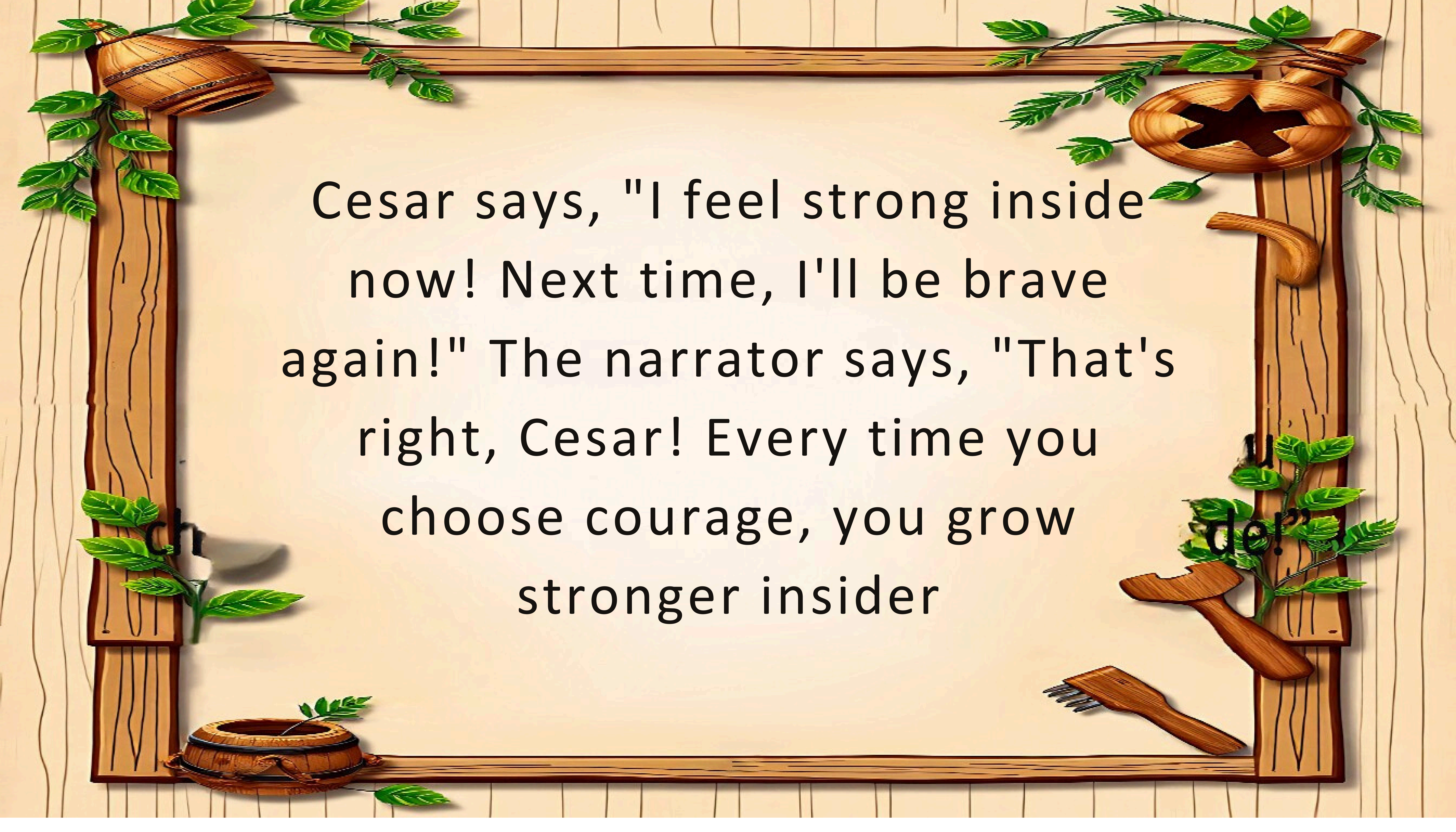
Cesar says, "I was brave! I used
my Orange Mindset!"





"Being brave doesn't mean you
aren't scared-it means you face
your fear and do the right thing
anyway."



A decorative wooden frame surrounds the text. The frame is made of light brown wood with vertical grain. At the top left, a wooden bowl is hanging. At the top right, a wooden bowl with a star-shaped hole is hanging. At the bottom left, a wooden bowl is sitting. At the bottom right, a wooden comb is hanging. Green leaves and vines are draped over the frame. The text is centered within the frame.

Cesar says, "I feel strong inside
now! Next time, I'll be brave
again!" The narrator says, "That's
right, Cesar! Every time you
choose courage, you grow
stronger insider

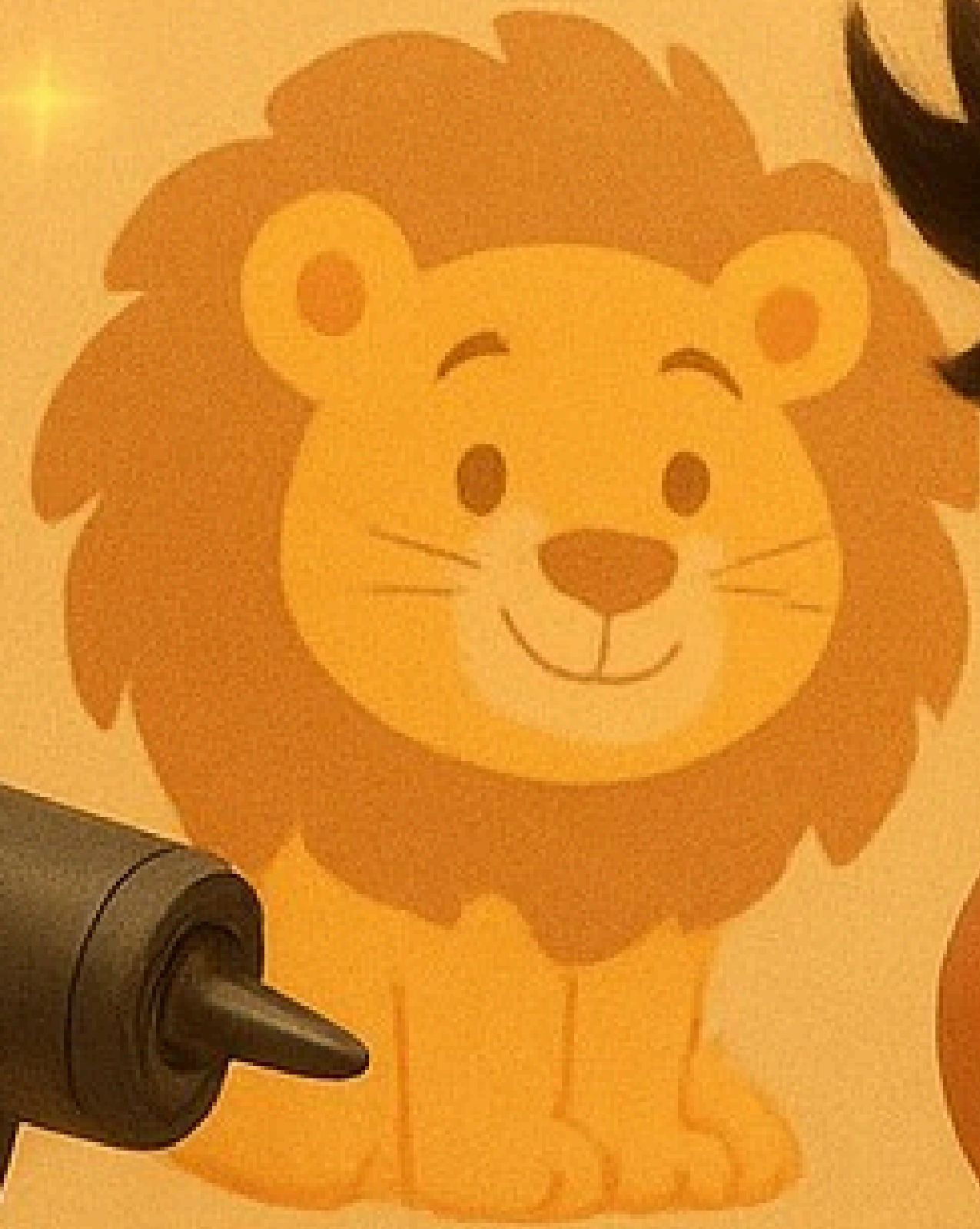


What happens when Cesar realizes he has to be brave?

When it's time to see the doctor, Cesar's stomach begins to feel all twisty.

But he takes a deep breath and whispers, "Courage means being brave even when I feel nervous."

COURAGE



Being brave inside
and out

