



My
feelings
are
VALID




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I believe
I CAN




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You are
beautiful
inside
and out



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A friend
is just
a call
away




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Appreciate
the small
things



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Know
that
you are
LOVED



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Be kind and
help make
someone
SMILE



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Practice
self-care!
Take time for
YOURSELF




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YOU
deserve
love and
respect



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You are
NOT
alone




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YOU
matter



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You are
important
AND
valued



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I will
keep going
AND
keep growing




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One
step at
a time



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I am
worthy
AND
resilient



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Just
breathe




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Believe
in
YOURSELF



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Today I will
have an
attitude of
gratitude



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