

I am a I can

good do

person. hard things.

I

can choose

to be in my

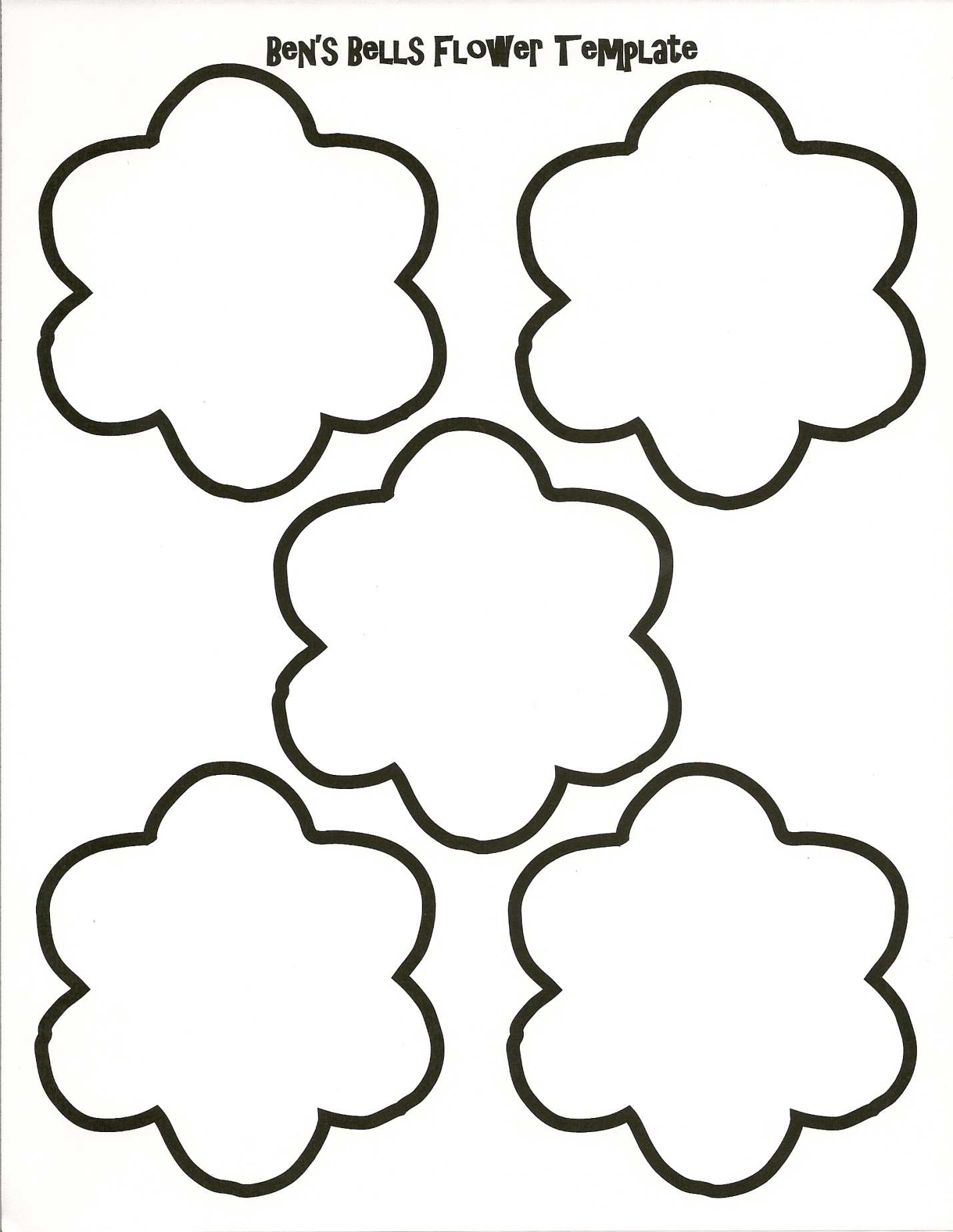
Clear Mind.

I am strong, I am a

and I can get kind person,

through hard and I choose to

times. be kind!



I I

can take a can choose

time out to have a

when I need to. better day.

I am good enough,

I am smart enough,

and…

people like me.

I I can

will be find peace

KIND inside my

to myself. heart.