

 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.