

TODAY HAS BEEN  
CANCELLED.

GO BACK  
TO BED

Say yes  
to new  
adventures

make  
time for  
yourself

Believe  
in  
yourself  
a little  
more.

You know all  
THOSE THINGS

you've always  
wanted to do?

You should go

DO THEM!

SOMETIMES  
I PRETEND TO  
BE NORMAL.

*but it gets boring.*

SO I GO BACK  
TO BEING ME.

Always believe  
that something  
wonderful is  
about to  
happen

*i have  
decided to  
be happy,  
because it is  
good for my  
health*



The best  
therapist  
has  
fur and  
four legs.

don't make  
change too  
complicated  
just begin!

There are  
people who  
would

**Love**

to have your  
bad days.

Don't be afraid  
to be open  
minded.

Your brain  
is not going to  
fall out.

Sometimes the  
best solution is  
sleep

Take a  
second to  
think about  
how blessed  
you are

*It's a  
good day  
to have a  
good day*

Sorry,

I can't today.

My sister's friend's  
mother's grandpa's  
brother's grandson's  
uncle's fish died.  
And yes, it was tragic.



Do something  
that makes  
your heart sing  
every single  
day.

Life is better  
when you're  
laughing.

*What would  
you ask for,  
if you knew the  
answer was  
Yes?*

1. Make a list of things that make you happy.
2. Make a list of things you do every day.
3. Compare the lists.
4. Adjust accordingly.

Druuk people,  
children, and  
leggings  
always tell the  
truth.

Dream

BIG!

Today I  
will do  
absolutely  
nothing!

don't  
believe  
everything  
you  
think



Sometimes,

you need to be alone.

Not to be lonely, but to  
enjoy your free time being  
you and yourself.