

The following is true.... Print out and read daily

You are unique

You are an individual

You have your own story

You have got this

You will encounter challenges along the way

You do have what it takes to overcome those challenges

You are worth it

You do make a difference

You do matter

You are amazing

You are not alone

You are brave

You will have bad days

You can adapt and change

You do not have to like everyone

You will find your people

You are stronger than you know

You are good at some things

You are 'normal'

You do have thoughts and feelings – they do matter

You learn as you grow and you grow as you learn, so relax – it will happen naturally

YOU ARE YOU 😊 WELL DONE ON GETTING THIS FAR... Keep on keeping on 😊

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