

WORDS OF  
Encouragement

TAKE WHAT YOU NEED

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THIS IS TOUGH... BUT SO AM I!

I CAN. I WILL. END OF STORY.

YOU GOT THIS GIRL!

I CHOOSE TO FIND HOPEFUL AND  
OPTIMISTIC WAYS TO LOOK AT THIS.

I LET GO OF WORRIES  
THAT DRAIN MY ENERGY.

MAYBE SWEARING WILL HELP?

<sup>P</sup><sub>B</sub> GET OVER <sup>P</sup><sub>B</sub> IT

I BREATHE IN CALMNESS  
& BREATHE OUT NERVOUSNESS.

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