



## NOTE TO SELF

- \* Smile once a day
- \* Make time to relax
- \* Learn to let go
- \* Keep hydrated and eat well
- \* Stroll outdoors when you can
- \* Speak kindly to yourself
- \* Find joy in the simple things
- \* When life is hard, remember  
this too will pass



To me,

This is to remind me, I count and have the right to make my own plans and have my own dreams. I made a promise to myself to:

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Even if I forgot, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps; no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx 

