

EVERY DAY
is a new

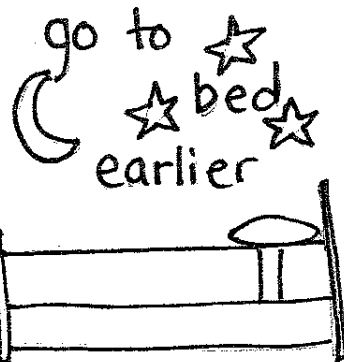
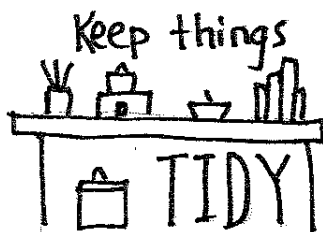
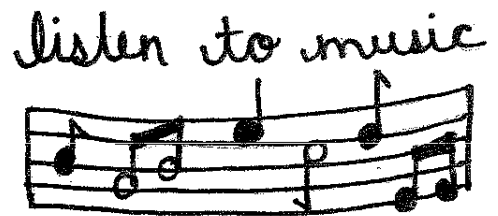
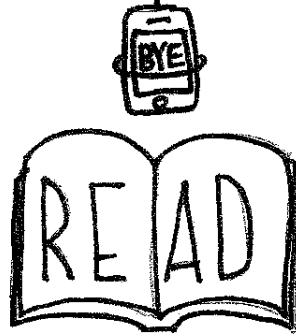
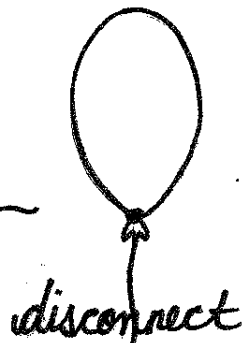
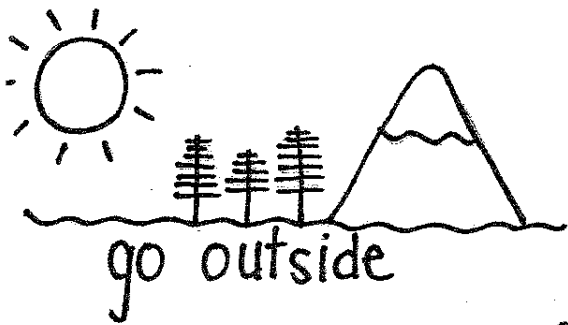
BEGINNING

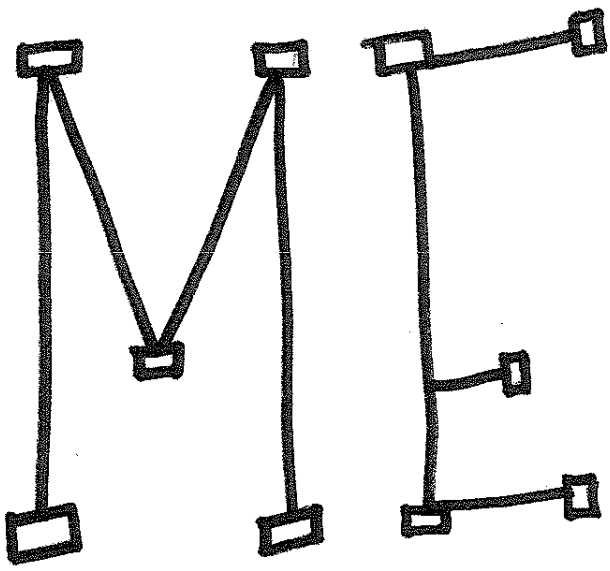
TAKE A

{ deep breath }

AND START AGAIN

THINGS TO START DOING MORE OFTEN:





from
a → z

SLEEP

MARCH

log

		pm												am												pm			
1	F	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4						
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3	Su	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4						
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Sleep LOG

APRIL

		pm					am					pm											
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30	Th	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4

JUNE

sleep log

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30	T	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4

FEBRUARY

memories

March Memories

April

MEMORIES

May MEMORIES

June
memories

WHO YOU ARE

TOMORROW
tomorrow

begins

with what you do

TODAY
today

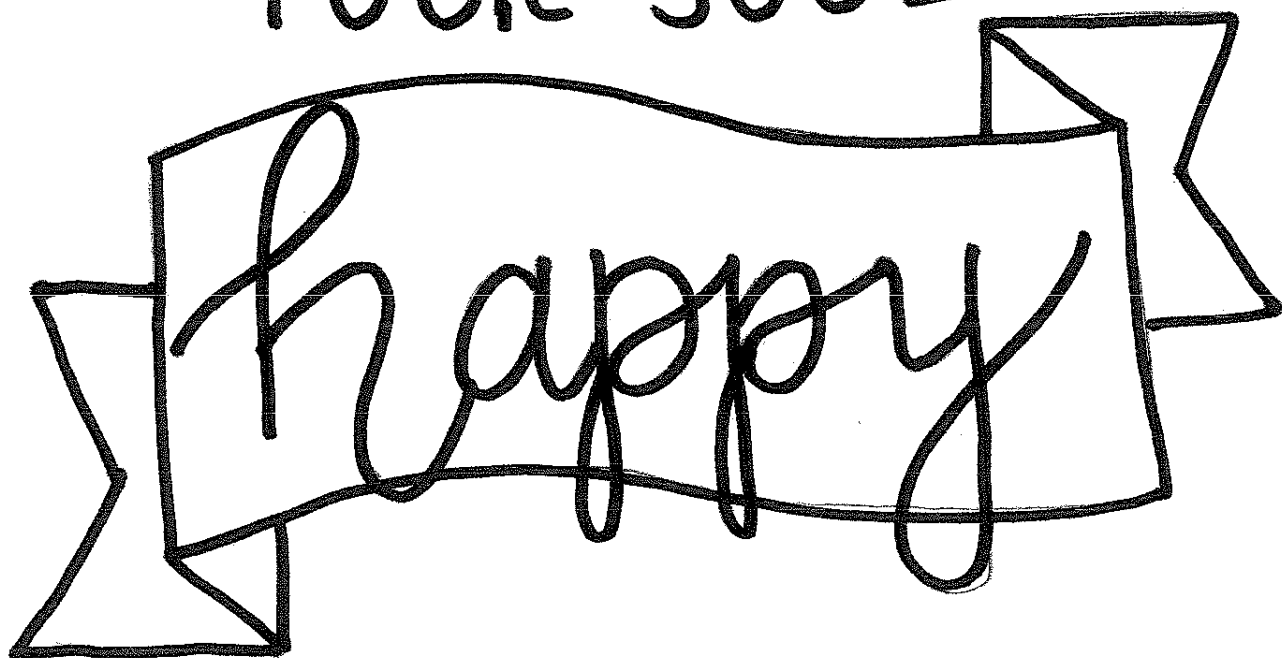


take time

TO DO

what makes

YOUR SOUL

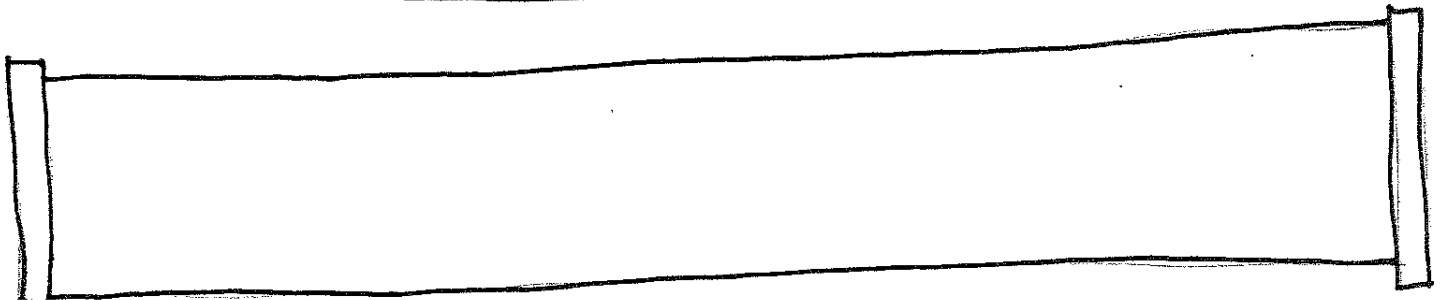
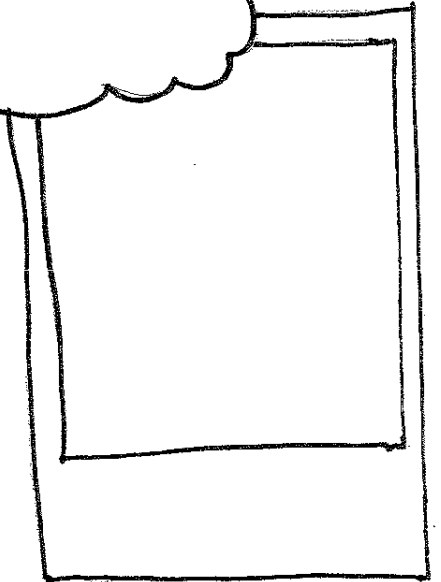
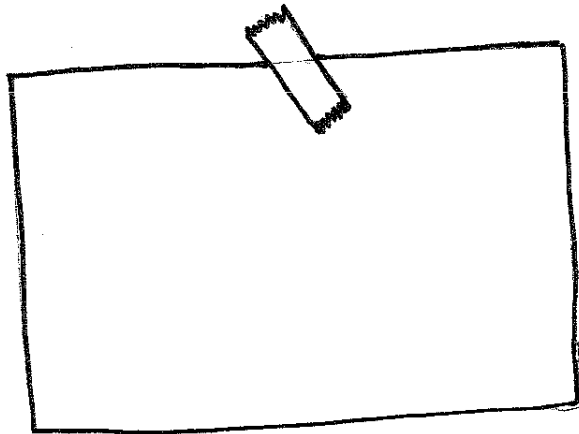
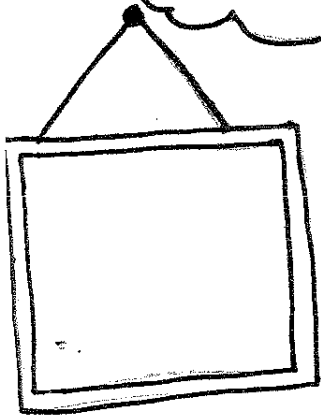
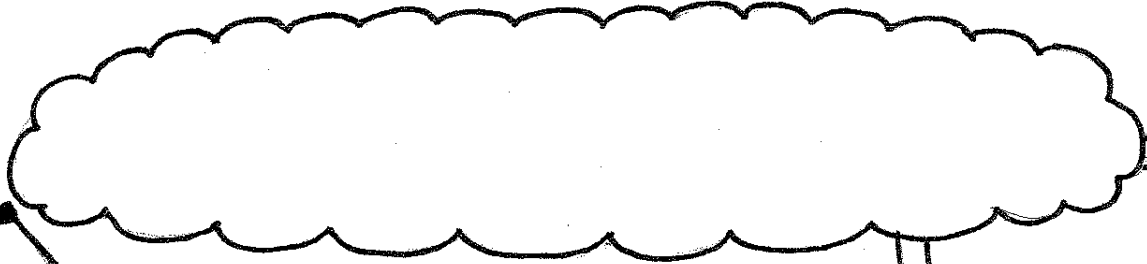
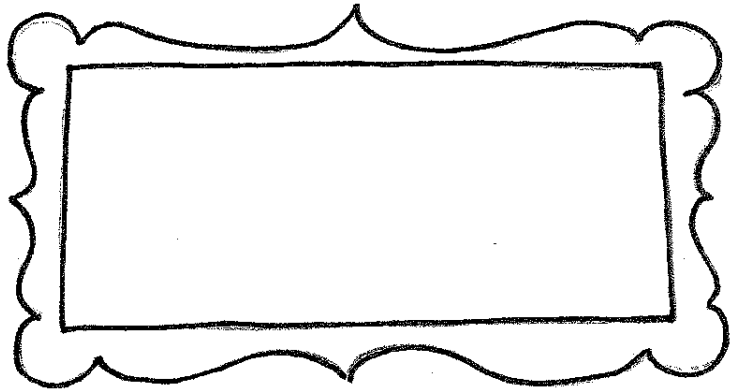
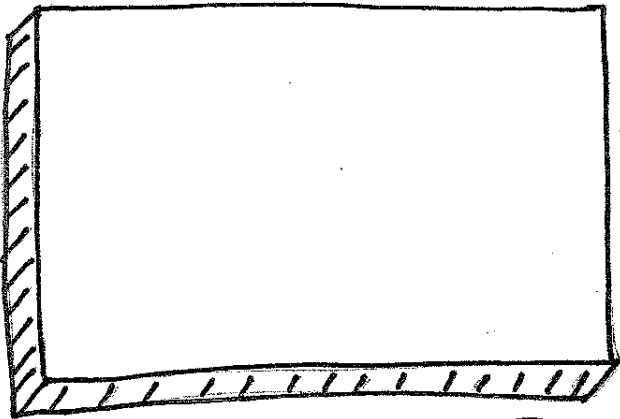


happy

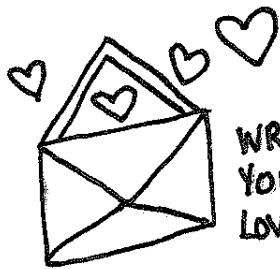
What makes
me happy



BEST QUOTES



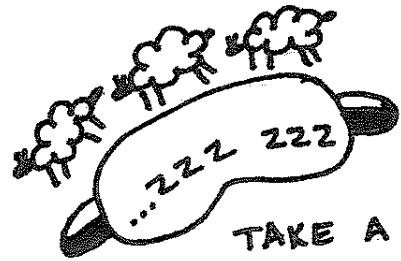
when you feel sad



WRITE YOURSELF A LOVE LETTER



LISTEN TO HAPPY SONGS

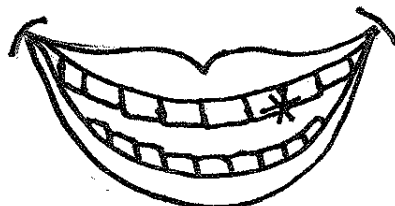


TAKE A NAP



BUY OR PICK

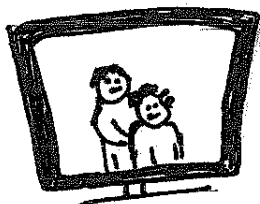
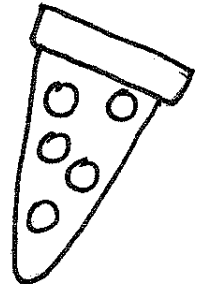
FRESH FLOWERS



SMILE



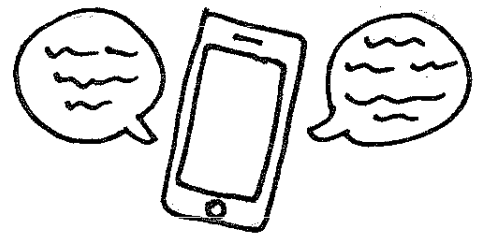
TREAT YO' SELF



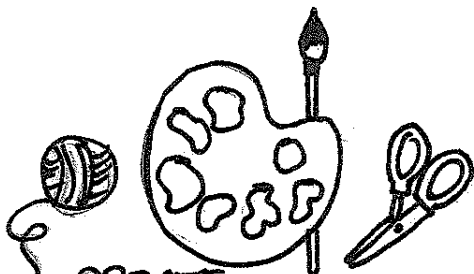
WATCH A FUNNY MOVIE



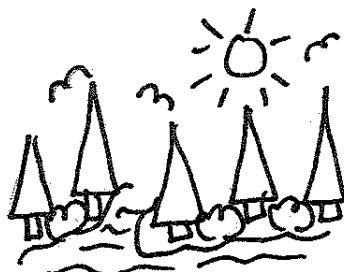
DRINK A HOT DRINK



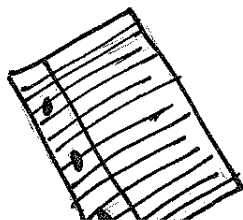
CALL A FRIEND



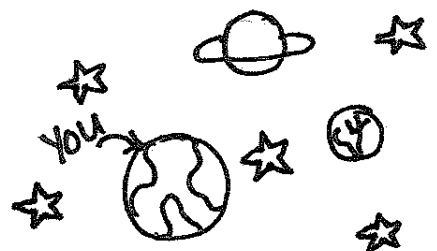
CREATE SOMETHING



TAKE A WALK



WRITE DOWN YOUR FEELINGS



LOOK AT THE BIG PICTURE.

don't forget to

[NOTES TO SELF]

① FOCUS ON THE GOOD
(it's there)



② DO SOMETHING YOU LOVE.

→ LIKE reading or drawing or playing or dreaming



③ GO OUTSIDE.



④ LOVE WHO YOU ARE NOW.
(The past is over.)
Let it gooo.



⑤ KEEP BEING BRAVE.



EVERY DAY IS A FRESH START

It might feel hard sometimes,
but the night will end and the clouds will part.



BUCKET

List



FOLLOW YOUR DREAMS

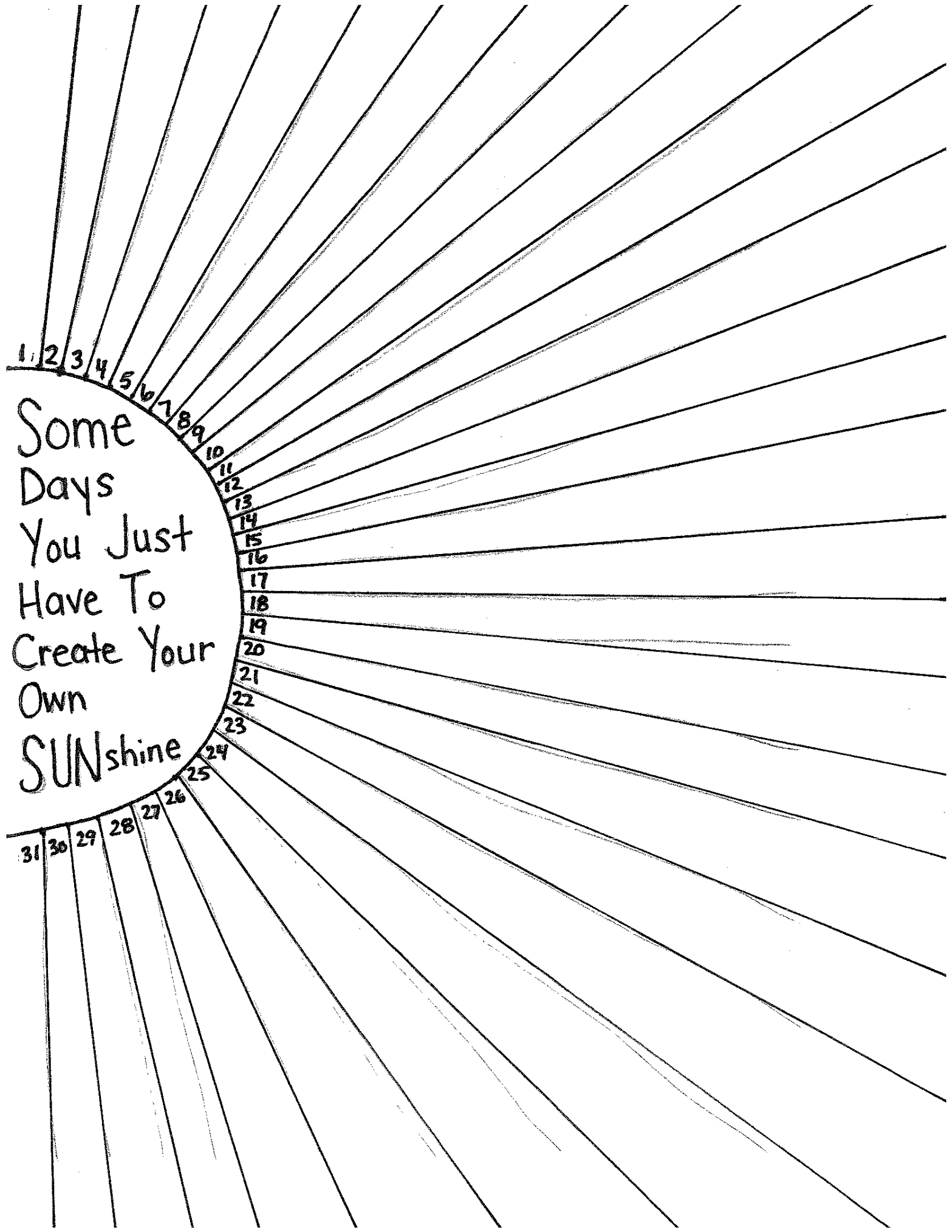
WRITE ONE WORD

OVER AND OVER

($\frac{1}{2}$ make a picture!)

Some
Days
You Just
Have To
Create Your
Own
SUNshine

- 1
- 2
- 3
- 4
- 5
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- 30
- 31



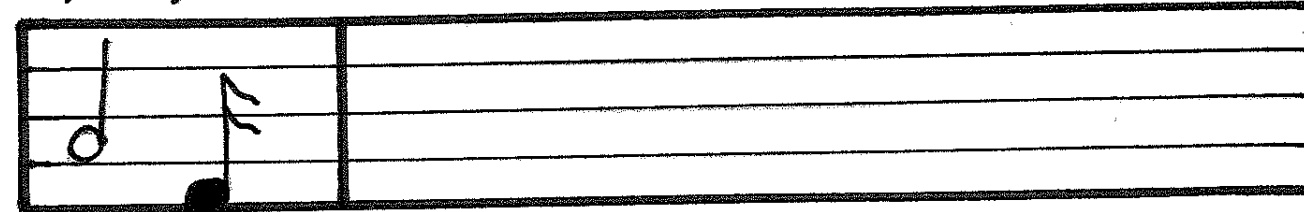
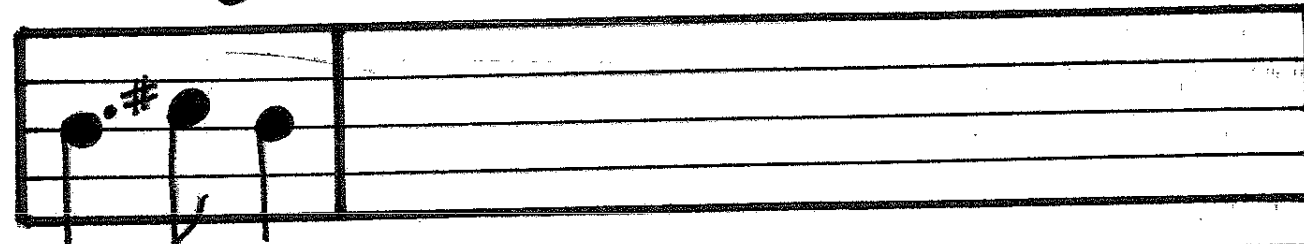
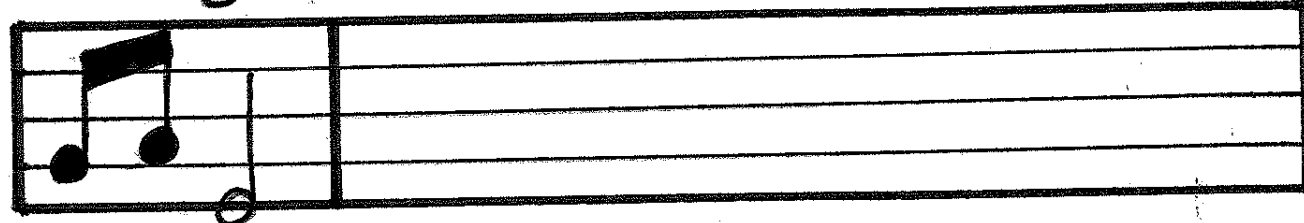
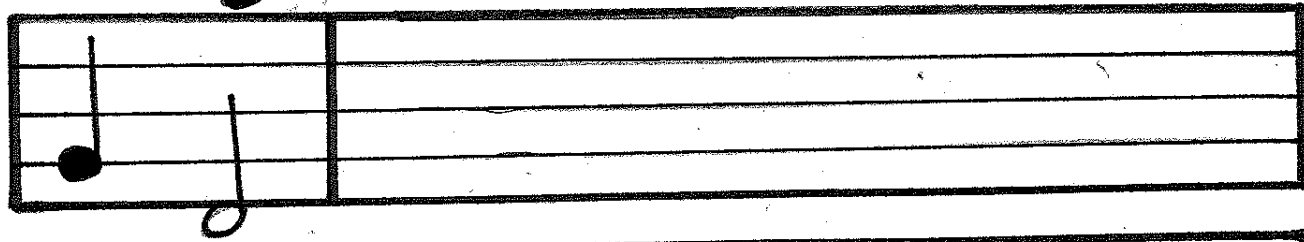
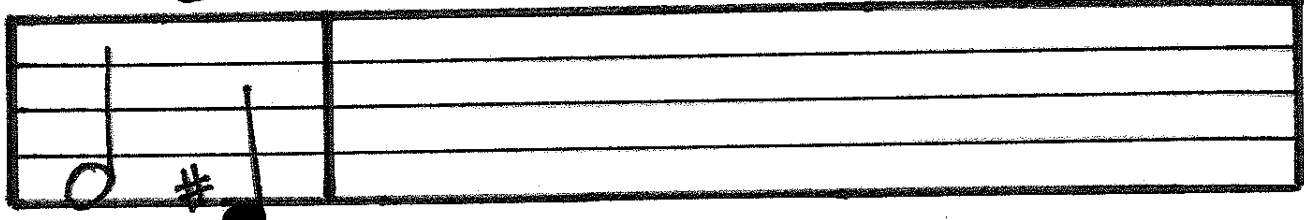
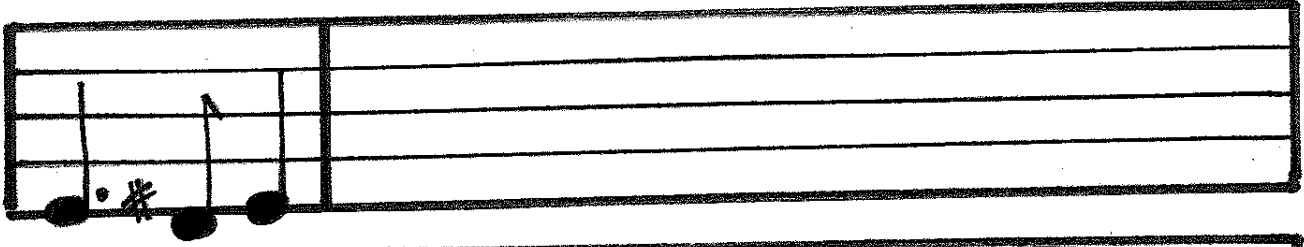
Rise
BY THE above
Storm
& you will find
Sunshine



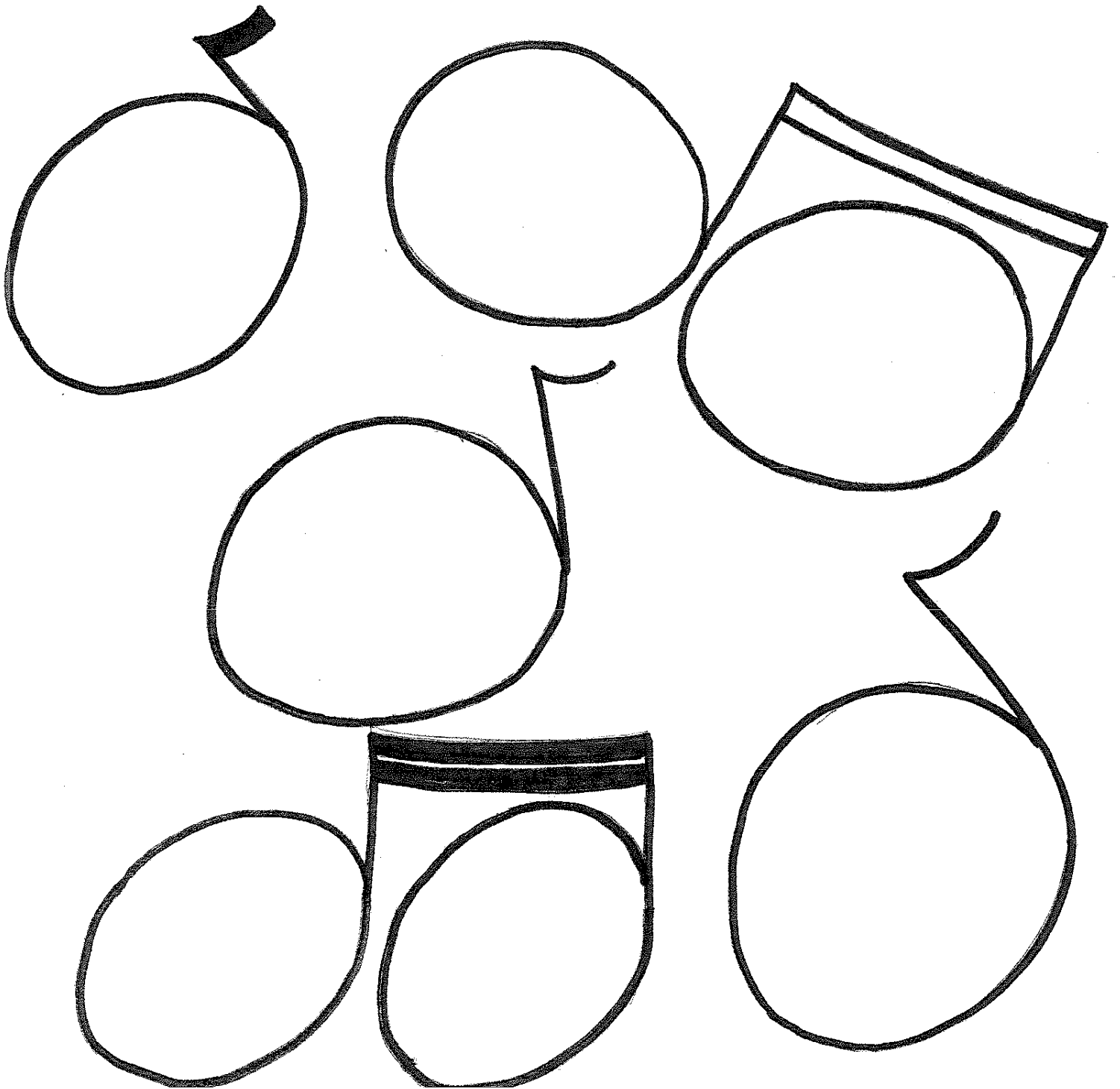
My MUSIC

The image shows seven staves of handwritten musical notation. The first staff begins with a treble clef, a key signature of one sharp (F#), and a 3/4 time signature. The first measure contains a quarter note on G4. The second staff contains two quarter notes: G4 and A4. The third staff contains three quarter notes: G4, A4, and B4, with a sharp sign (#) above the second note. The fourth staff contains two quarter notes: G4 and A4. The fifth staff contains three quarter notes: G4, A4, and B4. The sixth staff contains two quarter notes: G4 and A4. The seventh staff contains two quarter notes: G4 and A4, with a beamed eighth note above the first note.

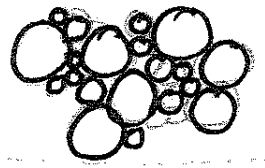
PLAYLIST



my favorite
song lyrics



FILL THIS PAGE WITH CIRCLES

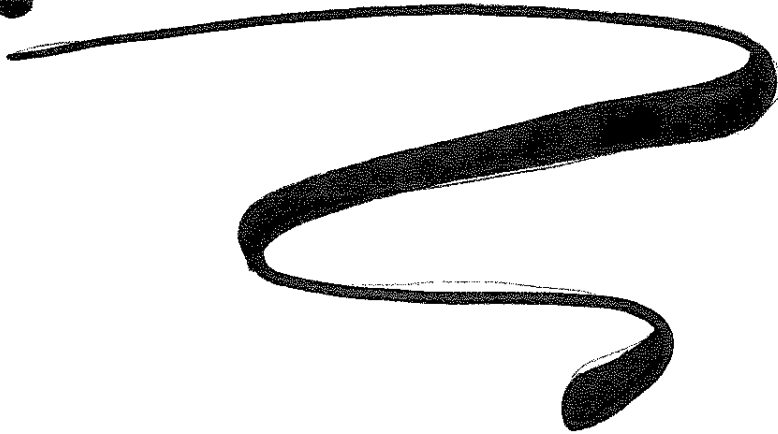


TO

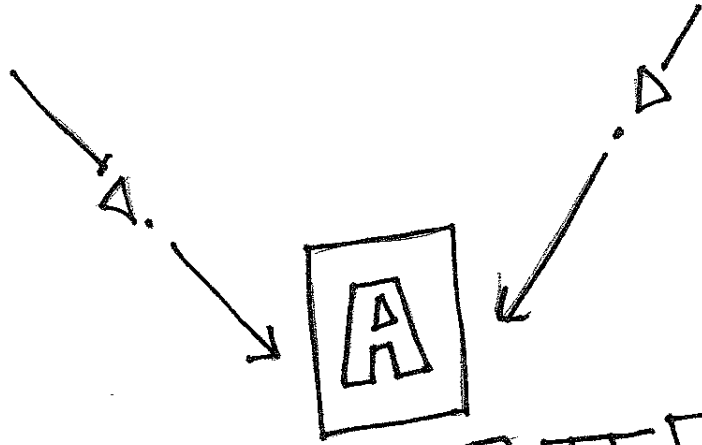
Live

WOULD BE
AN AWFULLY
BIG

ADVENTURE



places
i
want
to
go



NEGATIVE

»» Mind

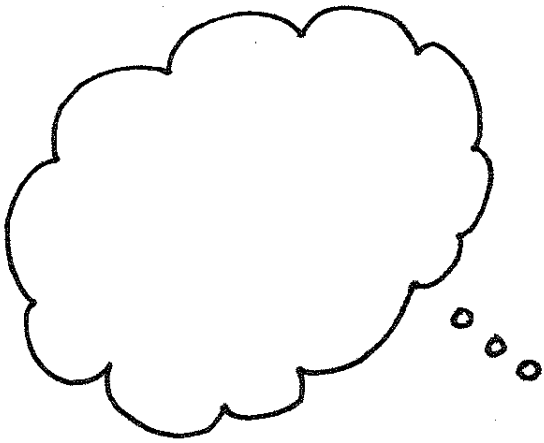
will never

GIVE YOU A

POSITIVE

life

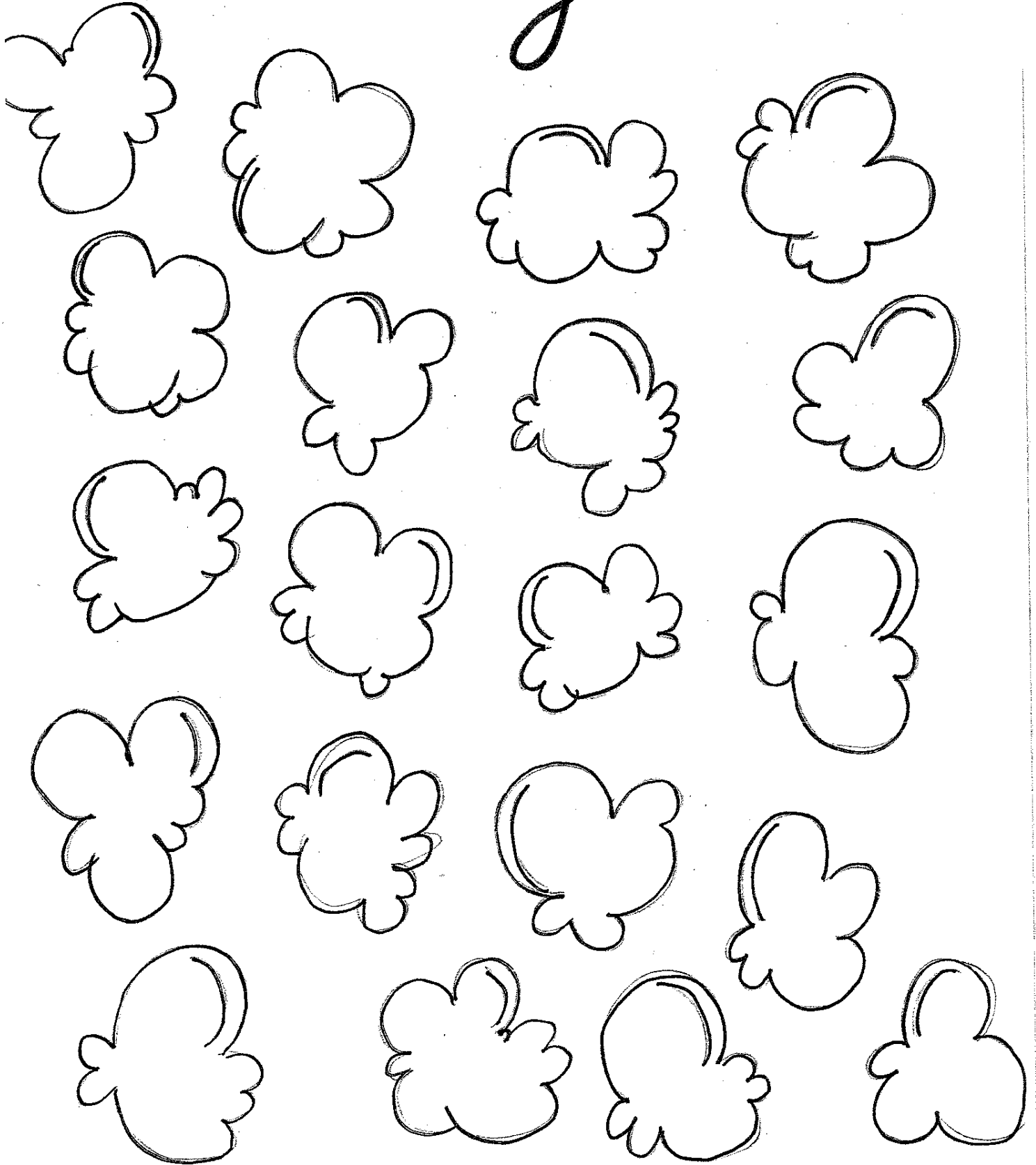
page of good thoughts



THINGS I'M
thankful FOR

THERE IS Always
SOMETHING
to be
THANKFUL for

MOVIE *night*



favorite
movie
lines
ever