NOTE 2 SELF

Journal

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Note 2 Self

Date:

It's Not About What They Think They Know, Only You Know Yourself, Be Okay With That.

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Date:

Even When things Seem Gloom, Find the will to show gratitude. The Sun is still shining Somewhere.

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No Matter what they tell you, know that you are as precious as a rare gem. Stop granting them permission to be walked over, Rise up and take a Stand!

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Regardless of Life's Challenges I Am Grateful...

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Date:

Celebrate the Moment you were able to stop yourself from losing it!