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*You
are
amazing!*

*You
are
strong!*

*Keep
going!*

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*Take some
deep
breaths!*

*You
can do
this!*

*You are
awesome!*

*Remember
your
smile!*

*There is
only one
you!*

*You are
stronger
than you
think!*

*Believe
in
yourself*

*Today
will be
amazing!*

*Reach
for the
stars*

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*Stand
tall and
proud*

*You've
got this!*

*Find
your
calm!*

*Take one
small step
towards
your
dreams*

*Choose
kindness*

*Focus on
what you
can
control*

Focus
on the
present
moment

Mistakes
are proof
you are
trying

Emotions
are
temporary

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Think
positive

Good
things
will
come

Do what
you love!

Today is
a new
day

Treat
yourself
today

Love
yourself,
you
deserve it!

*Shine
bright!*

*You
have a
big
heart!*

*Think
happy!*

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*You can
handle
this!*

*Help
others*

*Be fun
and have
fun!*

*Your
choices
matter*

*Follow
your
heart*

*Enjoy
every
moment*