

Some days I feel good. Sometimes I know why,  
and other times I don't. Here's what I think about that:



A series of horizontal lines for writing, consisting of 12 lines that span across the width of the page.

I want to tell myself this positive message: \_\_\_\_\_

A series of horizontal lines for writing, consisting of 4 lines that span across the width of the page, intended for the positive message.