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#CHOOSEREAL #MORETHANENOUGH

Take
what you
need.

KINDNESS

COURAGE

HOPE + JOY

REALNESS

COMPASSION

SELF-LOVE

PERSPECTIVE

FORGIVENESS

GRATITUDE

CONFIDENCE

STRENGTH

ENCOURAGEMENT

POSITIVE SELF-TALK

POSTER - TAKE WHAT YOU NEED

1. CUT ACROSS THE DOTTED LINE TO REMOVE THESE INSTRUCTIONS
2. CUT ALONG THE BLACK LINES TO CREATE RIP-OFF SLIPS
3. STICK POSTER IN YOUR SCHOOL, OFFICE, HOME, NEIGHBOURHOOD
4. TAKE (RIP-OFF) WHAT YOU NEED