



# BE KIND TO YOURSELF

## ***I LIKE THAT I AM***

1)

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2)

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3)

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## ***I PLEDGE...***

I pledge to be kind to myself and others today and every day.

I pledge to be kind to myself on the days that I am happy and on the days that I am sad.

I pledge to be kind to myself the same way I am kind to those I love. Because when I am kind to myself and others, I can shine like a bright light and make the world more beautiful.

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Sign Here

