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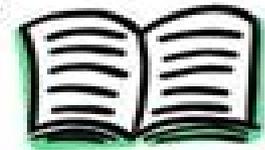


① FOCUS ON THE GOOD.
(It's there.)

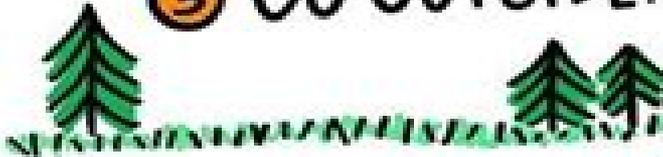


→ Like reading or drawing or playing or dreaming

② DO SOMETHING YOU LOVE.



③ GO OUTSIDE.



④ LOVE WHO YOU ARE NOW.

(The past is over.
Let it gooo.)



⑤ KEEP BEING BRAVE.



It might feel hard sometimes, but
the night'll end + the clouds'll part.

To Forget The Self

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