

A decorative branch with pink cherry blossoms and green leaves is positioned in the top-left corner of the image, partially overlapping the spiral binding of the notepad.

REMINDER

taking care
of yourself
is productive.

A decorative branch with pink cherry blossoms and green leaves is positioned at the bottom of the image, partially overlapping the bottom edge of the notepad.

TO DO



☐ Breathe

☐ SMILE

☐ DRINK WATER

☐ KEEP going



it's OKay

TO

- * TAKE A BREAK
- * ASK FOR HELP
- * NOT KNOW WHAT'S NEXT
- * HAVE BAD DAYS
- * MAKE MISTAKES



When the sun rises
we can try again



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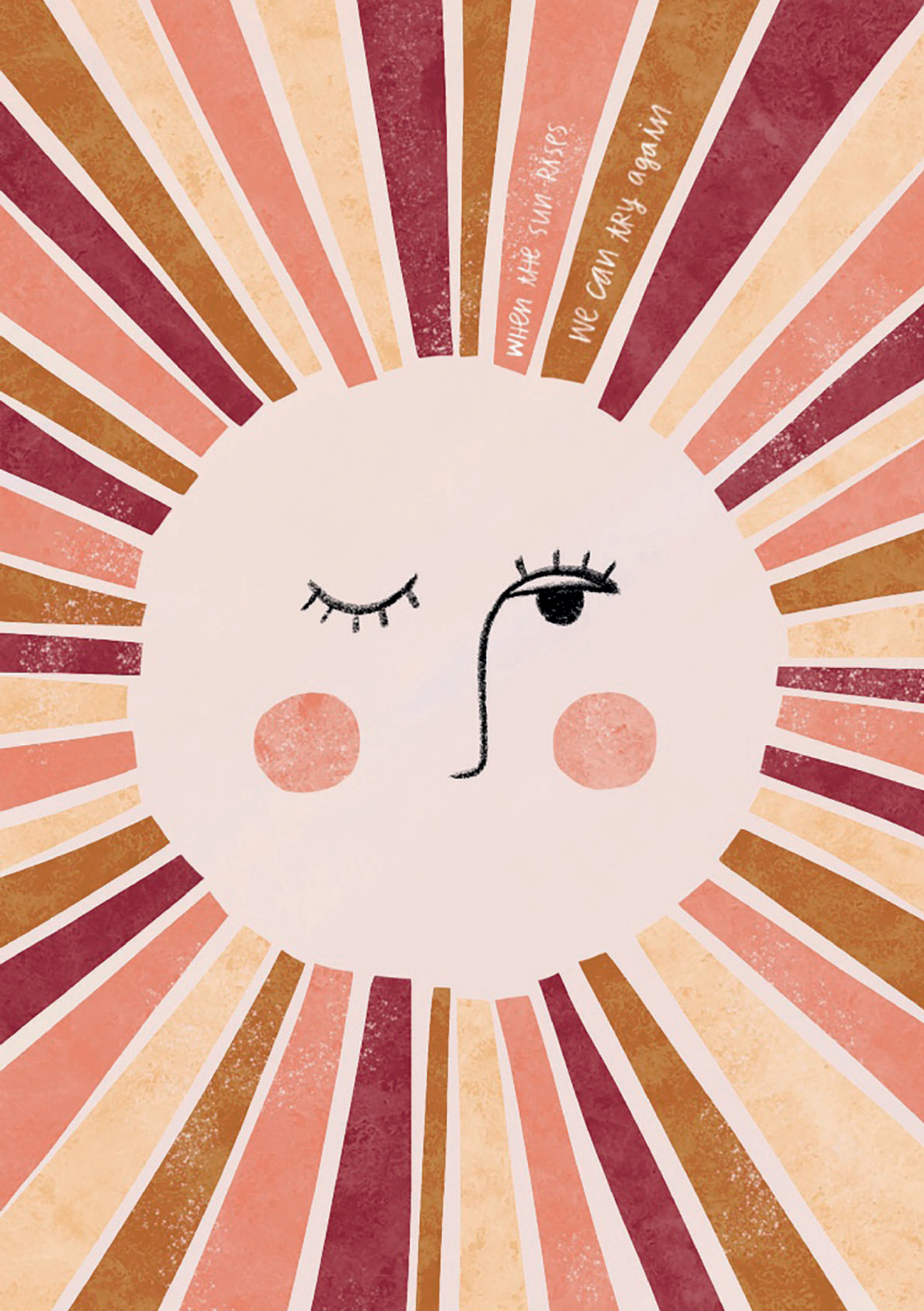
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