

*Dear Friend,*

*We might not know each other. But I still believe in you. I believe that you have beautiful things ahead of you. I believe that your past isn't a representation of who you are becoming. I want to encourage you to keep going. Know that you're not alone.*

*Love,*

*A Friend.*

*Please cut here. ——— ✂*

*Tape this to your mirror in your bathroom or the microwave. Somewhere you can see it every day.*

I CHOOSE *joy.*

*Please cut here. ——— ✂*

*Put this in your wallet or the visor in your car.*

I CHOOSE *joy.*