

# If you're struggling today

## Your mission for today

Focus on the next 24 hours

Make a to-do list for today

Add in self-care

Don't be too hard on yourself



A reminder that it gets better and everything will be okay.



(hearts & love for you)

This unicorn believes you can do the thing even if it's hard, scary, or uncomfortable.



You are so loved, even when it feels like you aren't.