Take me.

You make today better.

Take me.

The world is filled with many nice people.
If you can't find one, be one.

Take me.

Go forward with courage.

Take me.

Life has its challenges.
You don't have to solve them alone.

Take me.

I am worthy of love
and I will love myself no matter what.

Take me.

You are worthy as you are.

Take me.

You are braver and stronger
than you think.

Take me.

Don't wait. Reach out!

Take me.

Make yourself proud.

Take me.

It's okay if it's taking longer
than you thought.

Take me.

Ignoring your emotions is like being lost
in the woods and hiding
your compass from yourself.

Take me.

There is a powerful moment in life when
you either decide to tolerate life the way
it is or decide to be brave and change it.

Take me.

Talk to yourself like someone you love.

Take me.

It's okay to take a break.

Take me.

Happiness is an inside job.

Take me.

Nothing is stronger than
a small hope that doesn't give up.

Take me.

It is enough to do my best.

Take me.

It's ok to ask for help.
Call 988, then Press 1
for the Veterans Crisis Line.

Take me.

Progress not perfection.

Take me.

You are enough and more.

Take me.

You are capable of amazing things.

Take me.

It's okay to not be okay.

Take me.

Nothing is impossible.

Take me.

Prioritizing your mental health
is an act of courage.

Call 988 & Press 1 for the Veteran's Crisis Line

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thelittleheartproject.org

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