

March 2020

SNAPSHOT

DON'T BELIEVE EVERYTHING YOU THINK!

**JUST BECAUSE YOU
HAVE A THOUGHT
IT DOESN'T
MAKE IT TRUE!**

**?QUESTION?
YOUR
NEGATIVE
THOUGHTS!**

I never ... blah, blah, blah
My body is ... blah, blah, blah
I'll never be ... blah, blah, blah,
I can't ... blah, blah, blah
I always... blah, blah, blah



ACCESS THE
MONTHLY
SNAPSHOTS
HERE!

