

Hi! I'm glad we can be friends!
I wrote this special **MAGICAL MESSAGE**
for YOU TO SAY ALOUD
anytime you're feeling grief.



The Magic happens when you really **THINK** about what you're saying, and you **FEEL** it inside your heart — then you will feel better. You may have to say the message over and over a few times until you begin to feel the power of what you are saying.



The love inside my heart is real
It lives in me all day.
I think and feel its power inside
And let it lead the way.
Today I choose the best for me
Because I know I'm strong.
The power inside my heart and mind —
It guides me all day long.



I AM A POWERFUL KID!

