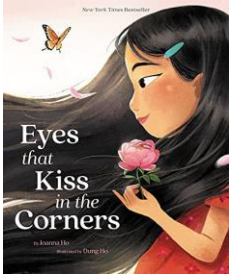


**Be grateful**



**for your uniqueness**

**Be grateful**



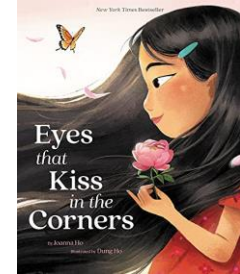
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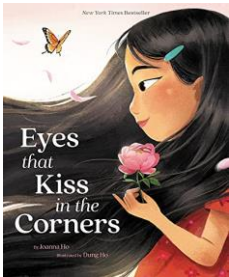
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**Be grateful**



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**for your uniqueness**

**BE TRUE  
TO YOU**

- Use a growth mindset
- Notice your feelings
- Use "I" statements
- Be an active listener
- Stand up for others
- Share your story

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