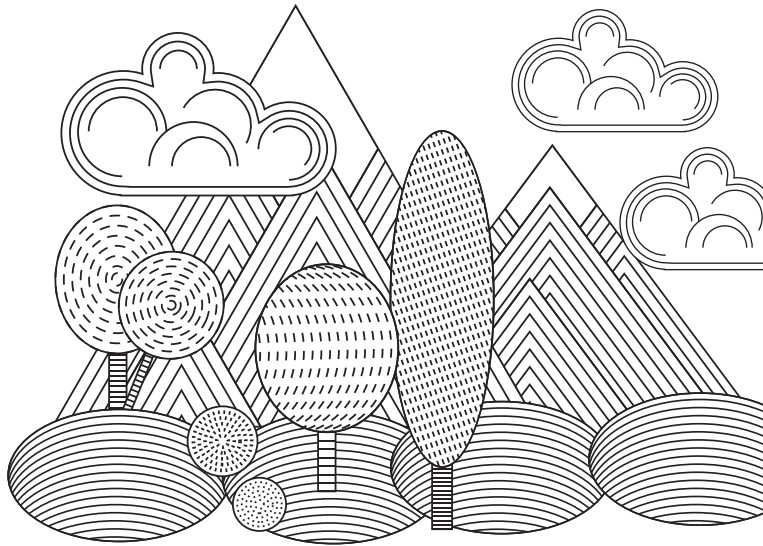
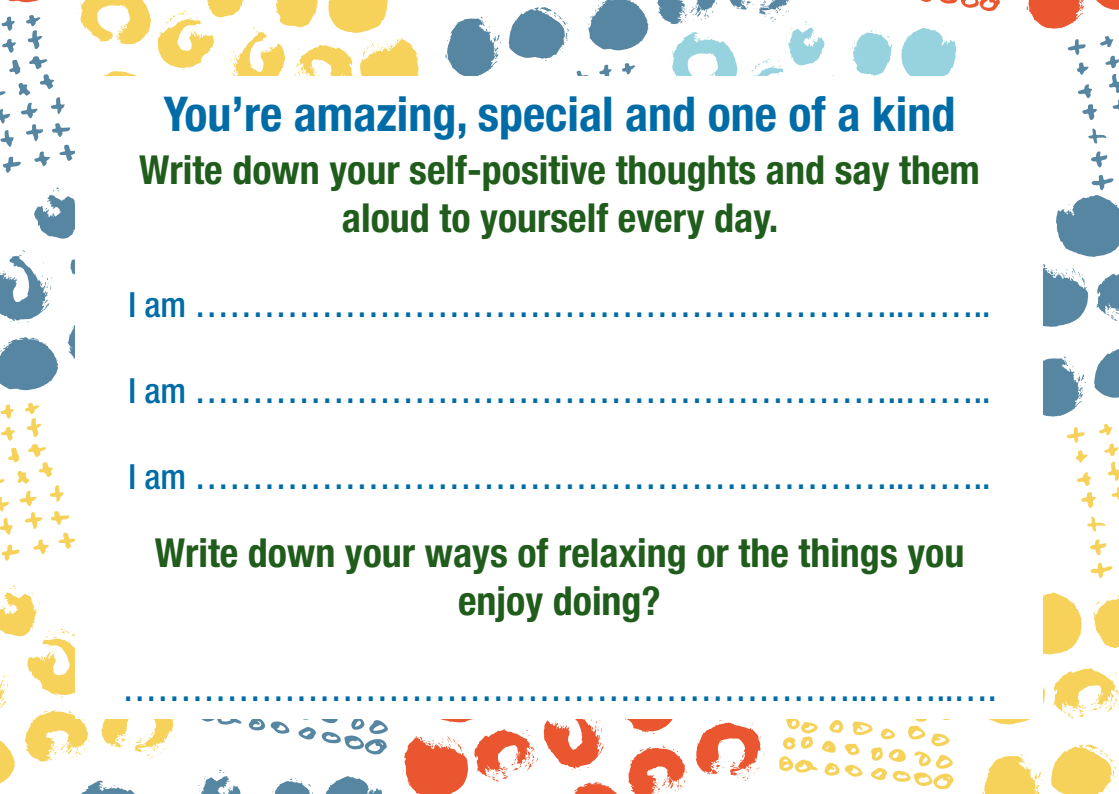




#tuneouttotunein

For more info visit logan.qld.gov.au/youngpeople





You're amazing, special and one of a kind
**Write down your self-positive thoughts and say them
aloud to yourself every day.**

I am

I am

I am

**Write down your ways of relaxing or the things you
enjoy doing?**

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