

My Book of Hope

Author

When I am down there are certain things that make me feel better. Here they are:

When things look bad there are certain thoughts that cheer me up.

Here are some of these thoughts :

The best thing anyone ever told me that always makes me feel better is:

There is something I need to remember when I am down. This always helps me:

Many things are better than they used to be for me – here are some of them:

When I look to the future there is one good thing I always know:

I have a belief in my heart that always helps. It is:

What I like best about the way that I see things is:

If someone else is down this is what I tell them:

The thing I am most proud of about my life is:

Everyday I keep going because I know:

The best part of my life is :

Signed: _____

The author