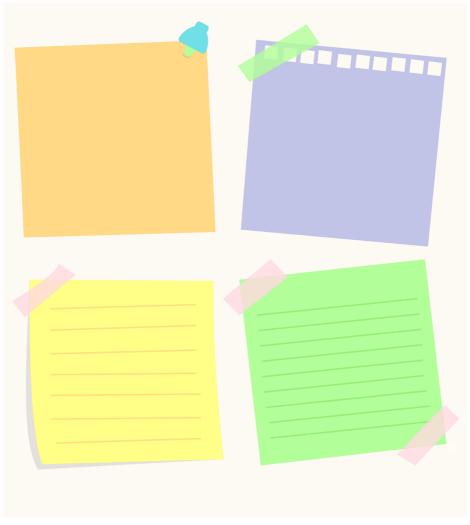
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## We are the best cheerleaders of our lives!

Inspiration is in everyday life. Record any inspiration – quotes, anecdotes, words of encouragement that you have come across recently. Be your own cheerleader to encourage yourself as you take small steps to achieve your dreams!

Cut them out and stick them up on your bathroom mirror, in your wardrobe, in your wallet, on your door, or anywhere that you will see daily.



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