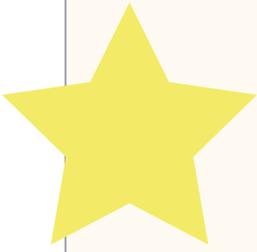


# Daily Pick-Me-Up Messages

## for September



S	M	T	W	T	F	S
31 There's so much courage within you.	1 New month, new you! Make it count.	2 Forget about being perfect; just be you.	3 Give yourself a little time just for you.	4 This is your journey so embrace all of it.	5 Do something fun today.	6 You are loved and appreciated; never forget it.
7 There's so much courage within you.	8 You're stronger than you think.	9 Your voice matters.	10 Notice the little moments of wonder around you.	11 Take a moment to appreciate how far you've come.	12 Embrace the simple things that make you happy.	13 Someone's day can be better because of you.
14 You're beautiful in countless ways.	15 Be patient with yourself; there's a lot going on.	16 Love who you truly are and all the things you do.	17 Just keep going; you're doing great.	18 You make a difference in your own way.	19 Your future self will thank you for this week's effort.	20 Take a break. You've done amazing.
21 There is so much joy in the ordinary.	22 Reflect on the beautiful memories of summer.	23 Embrace the new season with open arms.	24 Let your heart be light today.	25 Acknowledge all your small wins.	26 Always be proud of the wonderful person you are.	27 You can make today magical.
28 Just focus on the next step forward.	29 Today, shine bright.	30 Every sunrise is a new opportunity.	1 	2 	3 	4 