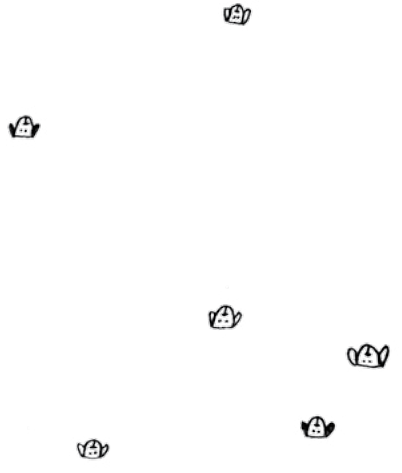
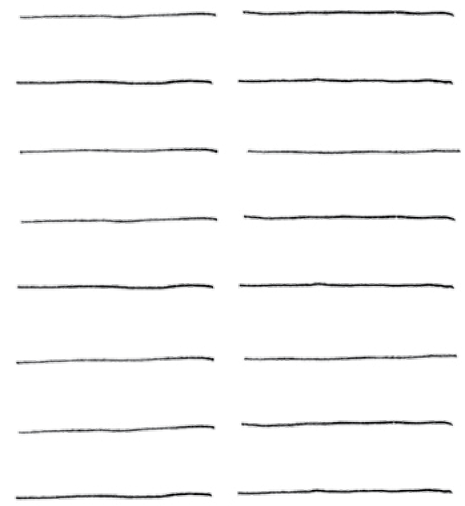


PILE UP YOUR ANXIETIES
THEN KNOCK THEM DOWN:

AHH! SORRY, I MEANT DOTSI
AUTO CORRECT!!

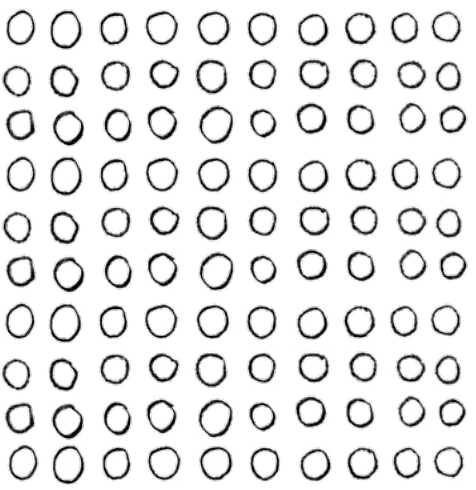


CONNECT THE DOTS:

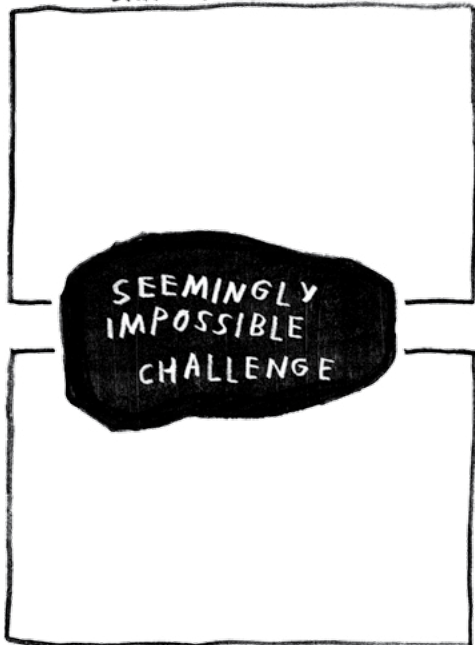


DESCRIBE YOUR MOOD
IN 1 WORD EVERY TIME
YOU VISIT THIS PAGE:

HOW DO YOU FEEL TODAY?



DRAW YOURSELF NOW



THEN DO IT AGAIN LATER

This sheet is designed to be folded into a booklet. Watch a tutorial with the author:
[youtube.com/watch?v=cQ7UmxmU5gE](https://www.youtube.com/watch?v=cQ7UmxmU5gE)

* * *

Find 254 (full size) pages of creative inspiration and existential introspection in **PICK ME UP: A Pep Talk For Now & Later.**

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