| | My rainy day plan | |
|--------|-----------------------------------|---------------------------------|
| | 3 things I can do to feel better: | - 🤇 |
| | | - |
| 0 | 2 things I like about myself: | |
| ++++++ | 7 | ~ |
| V | 1 person I can talk to: | 7t |
| | | |
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