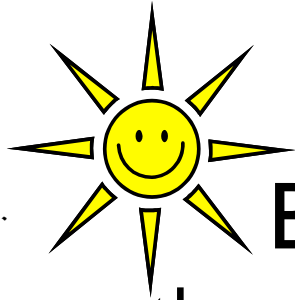


Be active and involved.

Laugh and smile often.

Pray for help and strength.

Serve others.



Count your blessings.

**Be happy
because there's no reason not to be!**

Enjoy beautiful music and literature.

Have faith in God.

Understand and live the gospel.

Keep a journal.

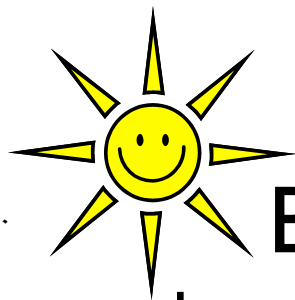
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