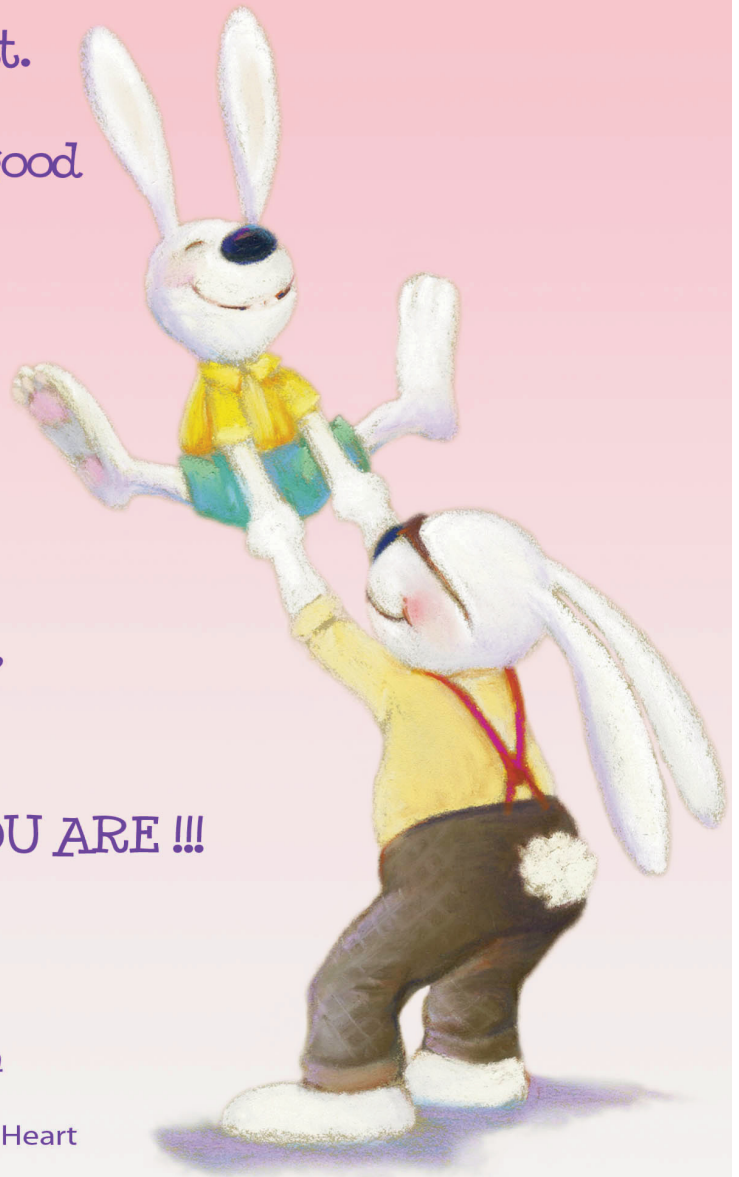


How to Listen to your heart

- Do things you like that make you feel really good inside, no matter what your friends say.
- Have fun and do your best.
- Remember that you are good enough just as you are.
- Share your feelings with a parent or trusted adult.
- It's okay to be different.
- Every day say to yourself, "I am special."
- BE PROUD OF WHO YOU ARE !!!



Print free copies @ www.wedolisten.com

Howard B. Wigglebottom Listens To His Heart