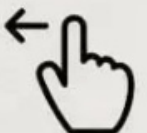


# 8 Signs You Are **Doing Well**



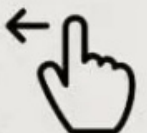
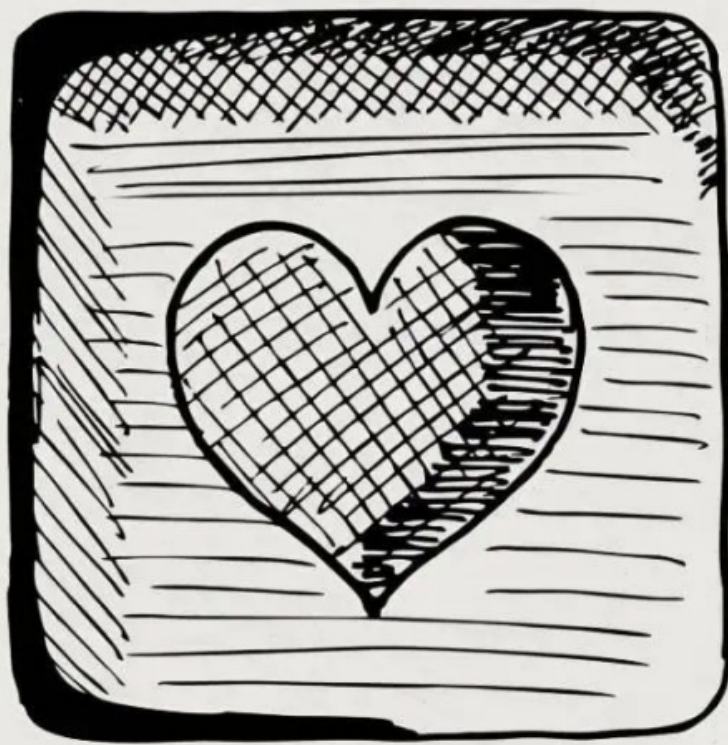
**You ate today.**



**You have clean water.**



**You have a good heart.**

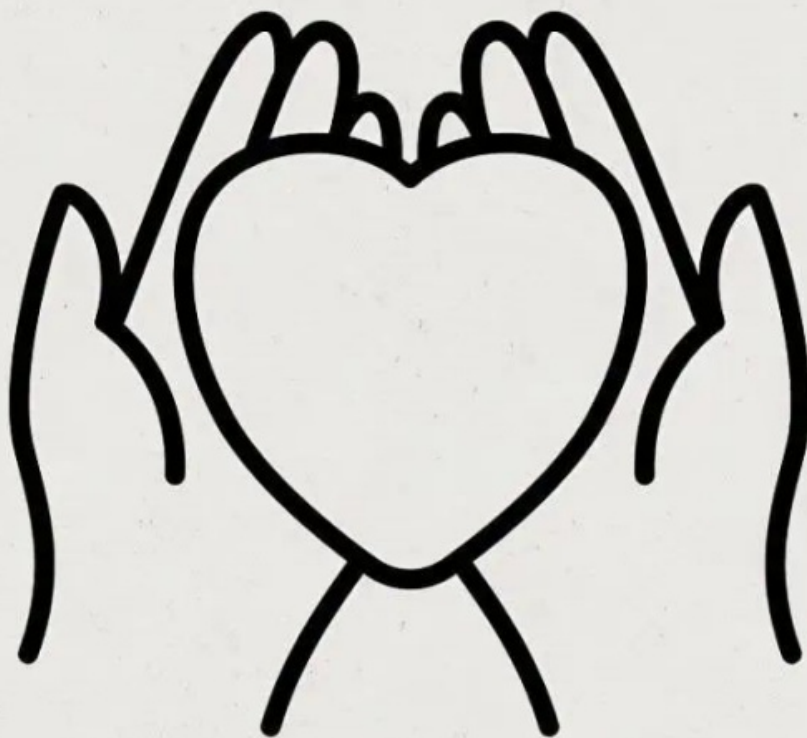


**You wish good for others.**





**Someone cares for you.**



**You are breathing.**



**You have clean clothes.**





**Sometimes we stress over the things we don't have and not thankful for the things we already do have.**

**Be grateful for the little things.**

**Tag a friend who is always supporting you!**