

MY IDEAS ARE  
UNIQUE

I AM  
WORTHY

I CAN...

I'VE GOT THIS

MY VOICE  
IS IMPORTANT

I'M DOING THE  
BEST I CAN

I AM CAPABLE

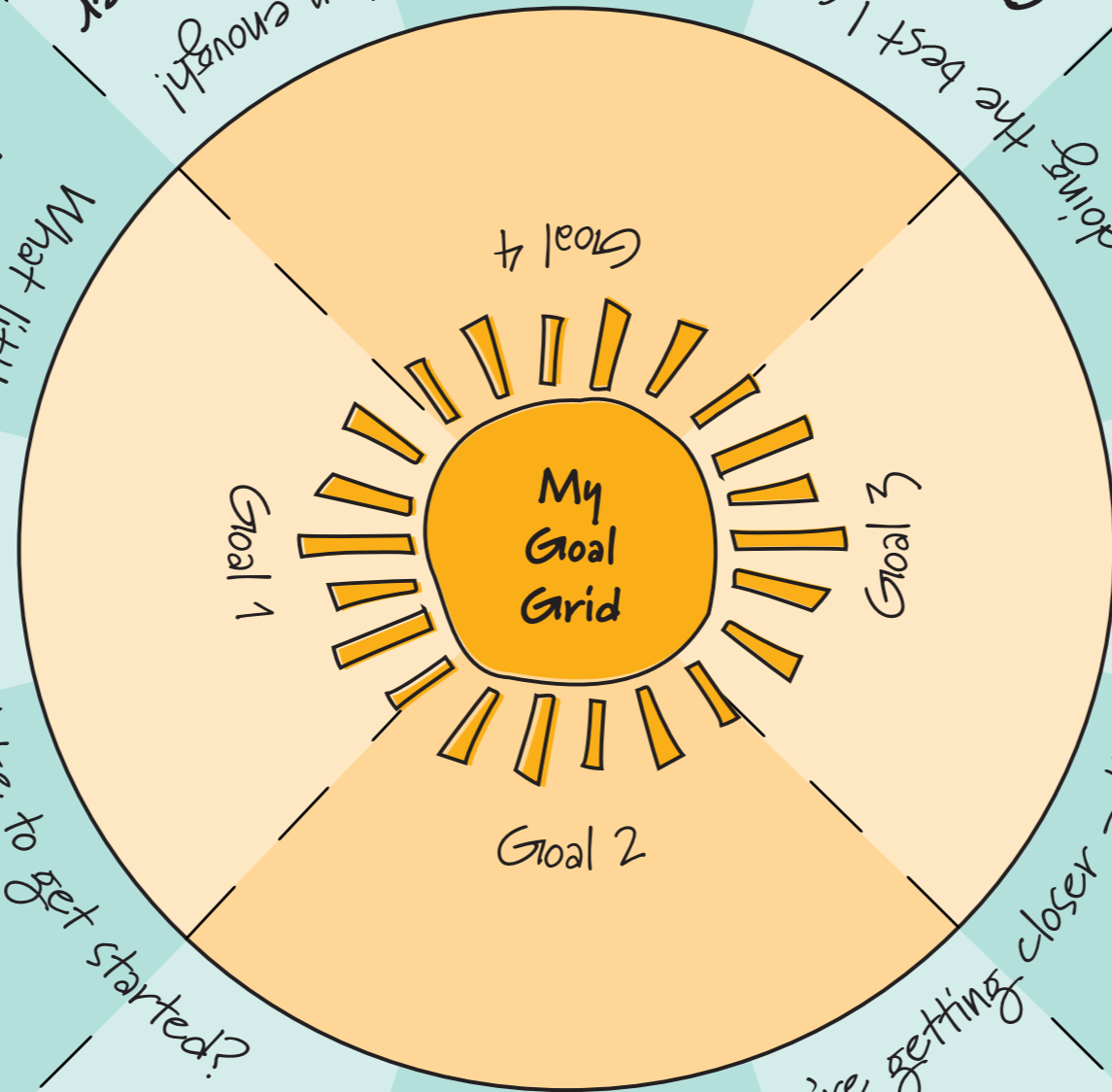
WE CAN ALL BE  
DIFFERENT

TAKE DEEP BREATHS

I WILL...

TODAY IS...

I HAVE A SAY



December

November

October

September

August

July

June

May

April

March

February

January

December



What little step can we take to get started?

Little by little, we're getting closer - there's no rush...

I can, and that's more than enough!

# YEAR IN PIXELS

The Year in Pixels is a mood tracker and a grid with one square representing each day of the year. The idea is to select your overall mood for the day and use that to fill in your Year In Pixels.

I'm feeling...



Fantastic,  
Energetic,  
Motivated



Happy,  
Productive,  
Relaxed



OK,  
Average,  
Uneventful



Upset,  
Stressed,  
Anxious



Sad, Tired,  
Unmotivated,  
Down

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