Step 1: Fill out each reason with a name of someone who loves you.

Step 2: Take this page to each person you named and have them write WHY they love you

Step 3: Put this page where you will see it everyday

If ever you are in danger of harming yourself call each of your reasons or...

1-800-273-8255

***~Reasons~***

***REASON ONE:***

***REASON TWO:***

***REASON THREE:***

***REASON FOUR:***

***REASON FIVE:***

***REASON SIX:***

***REASON SEVEN:***

***REASON EIGHT:***