

I Am Unique!

by Umm Assad
(A Mental Health Awareness Book)



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Thank you!

This book encourages a healthy mind growth; a positive way of thinking for all children. It aims to inspire them to reach for their goals, not to be discouraged by anyone or anything and to know that there is always help waiting for them.

Dedicated to:

**All those battling mental illness,
All those supporting someone with mental illness,
And all those who want to learn about mental illness
Keep strong, accept help and look after yourself!
You are unique!**

This book belongs to:



A landscape illustration featuring a dark grey road with a yellow center line and white shoulder lines. The road curves slightly to the right. On either side of the road are green hills with various trees, including tall evergreens and a large green bush with a brown trunk. In the background, a large yellow sun is partially visible behind the hills, and a blue sky with white and yellow clouds is above.

I am unique!
I am unique!
I'm blessed with a lot
from my head to my feet!

**I start every day as a new beginning.
I'm grateful each day and thankful I'm
still breathing!**



I strive for excellence
not perfection.





I only want to
walk in the
right direction.

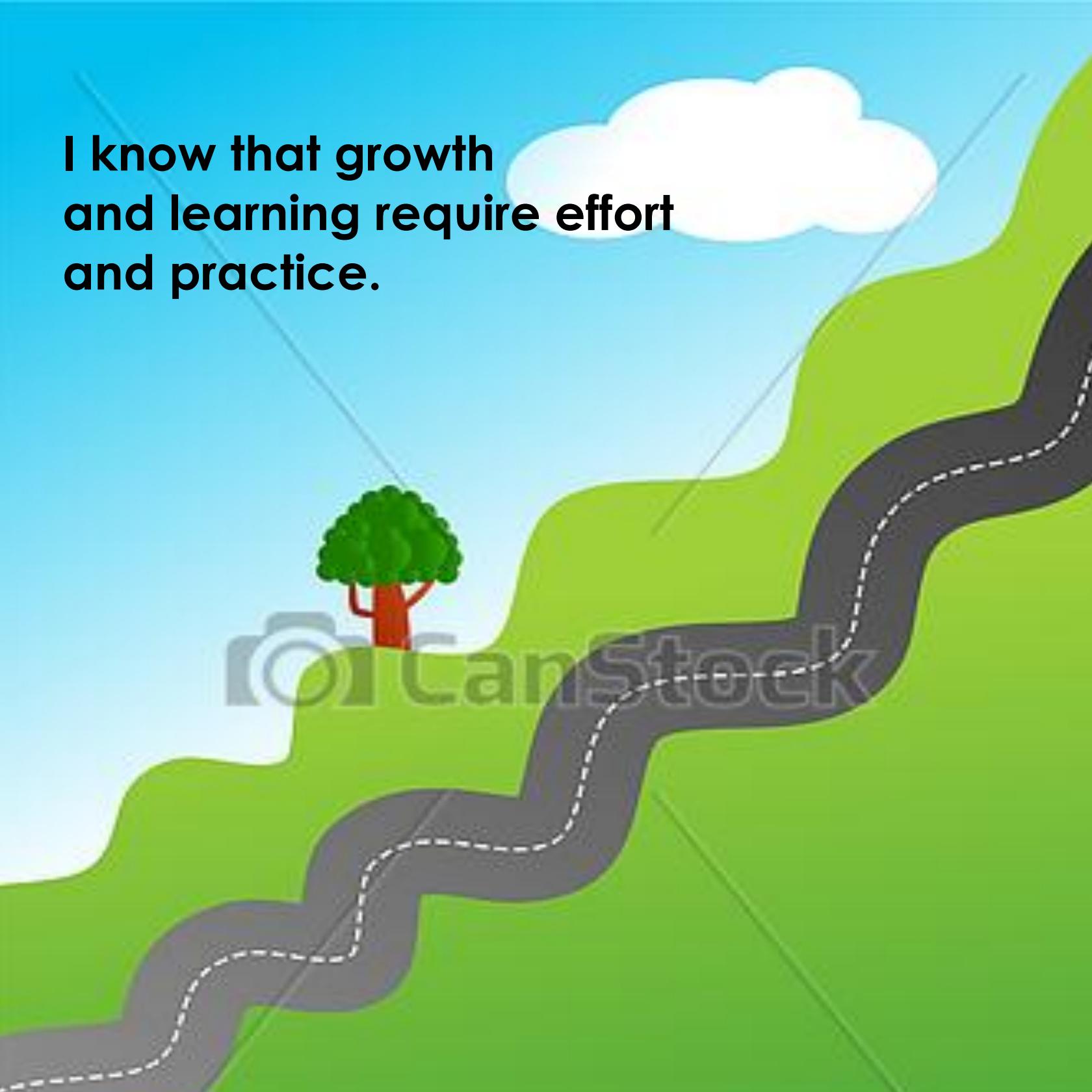
**I focus on reaching my own goals
one step at a time.**





**I know I have to work
hard to improve.
I just need more
time to climb.**

I know that growth
and learning require effort
and practice.



**I persevere through obstacles,
even when I feel anxious.**



I accept that life doesn't go my way.





**I accept criticism and feedback.
It builds me all day.**



I ask many questions
to remove ignorance
from myself.

question →
← answers

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question →
← answers

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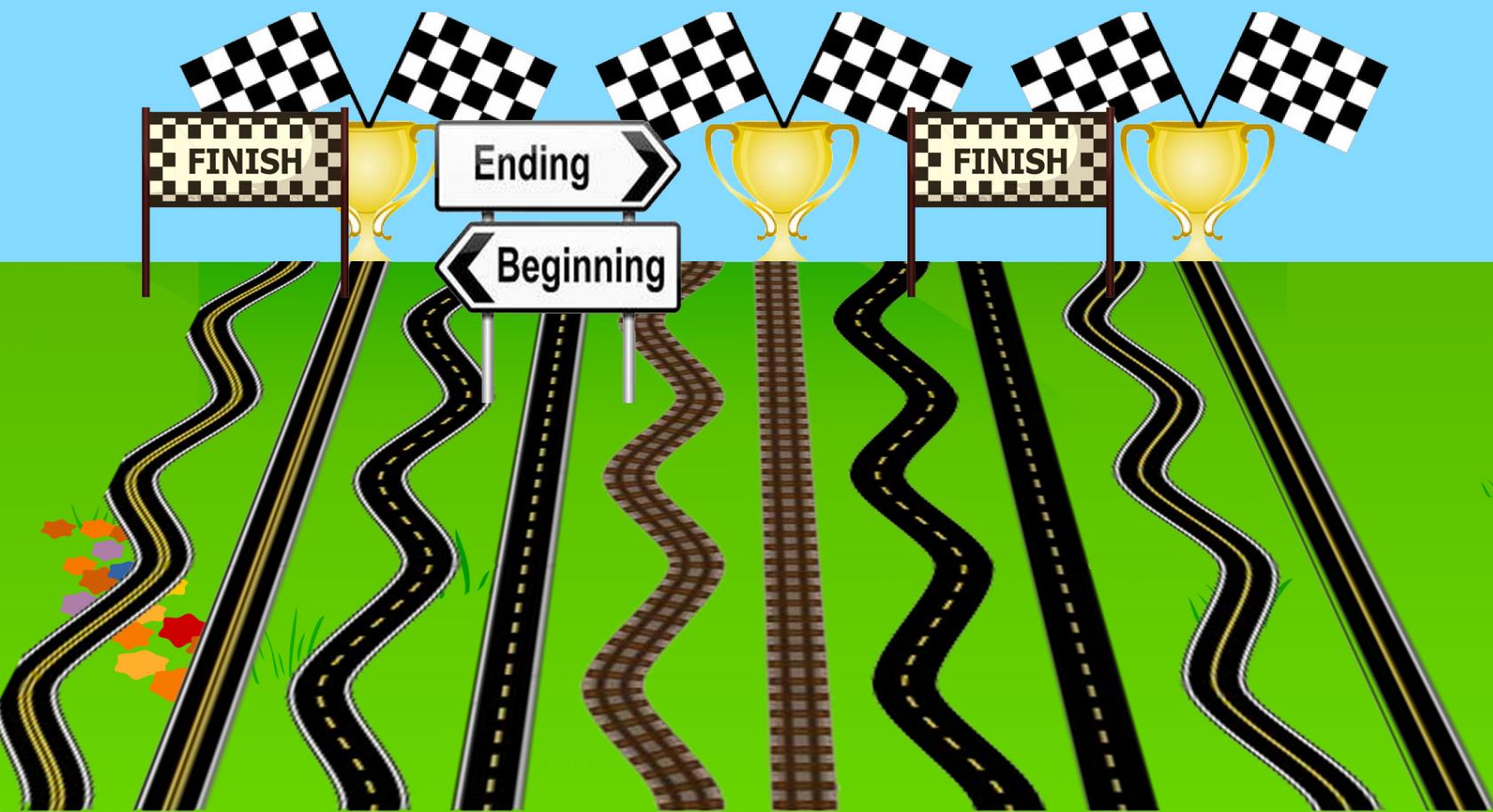
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question →
← answers

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**But I don't blind follow others and
I can't make everyone happy.**



**I am inspired by the success
of others around me.**





I support and encourage
other learners just like me.

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I like to take risks and learn
every day.



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I understand that trying is a winning attitude. So, I try every day.



I try to overcome fear.
So, please don't stand in my way.

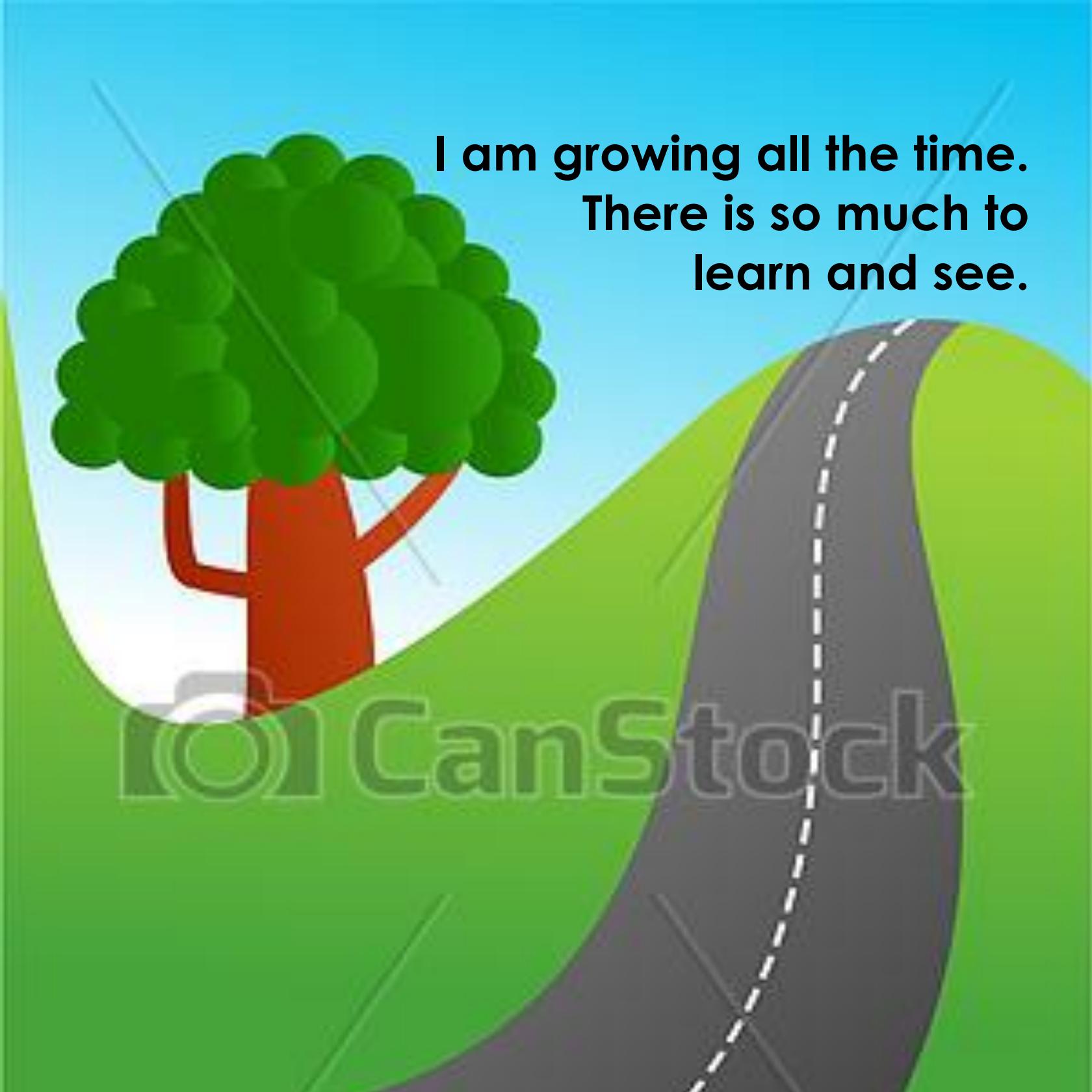




I embrace
challenge.

Don't tell
me I can't.

Please,
not
today!

A vibrant green tree with a large, rounded canopy sits in a red pot on a grassy hillside. A paved road with a dashed white center line winds its way down the hill to the right. The background is a clear blue sky with a few thin white clouds.

I am growing all the time.
There is so much to
learn and see.

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I believe that I can reach beyond what I have already achieved.



**I am unique! I am unique!
I'm blessed with a lot from my head to
my feet!**



#mentalhealthawareness

