

# 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:**

---

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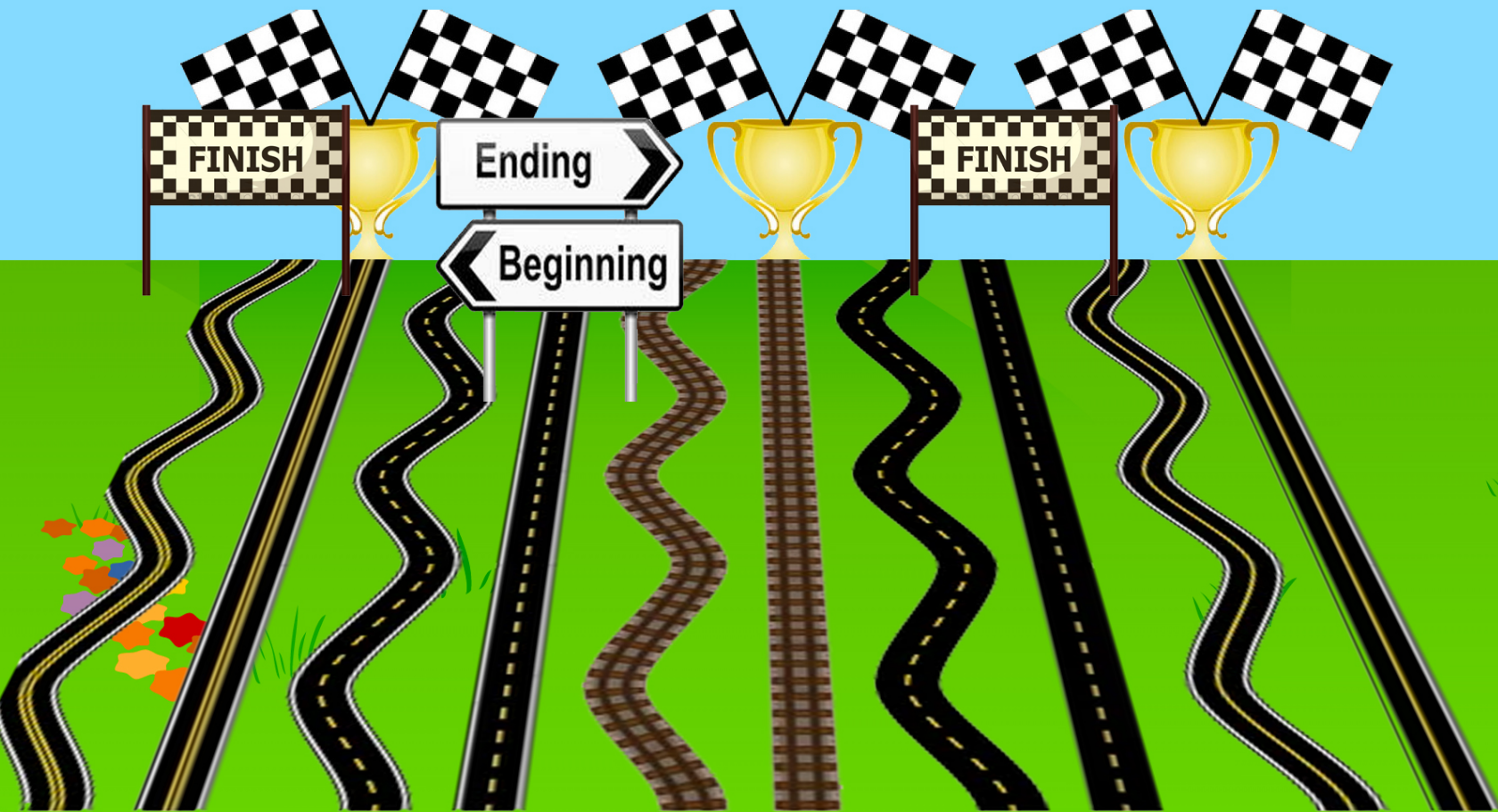
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**But I don't blind follow others and  
I can't make everyone happy.**



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





**I support and encourage  
other learners just like me.**



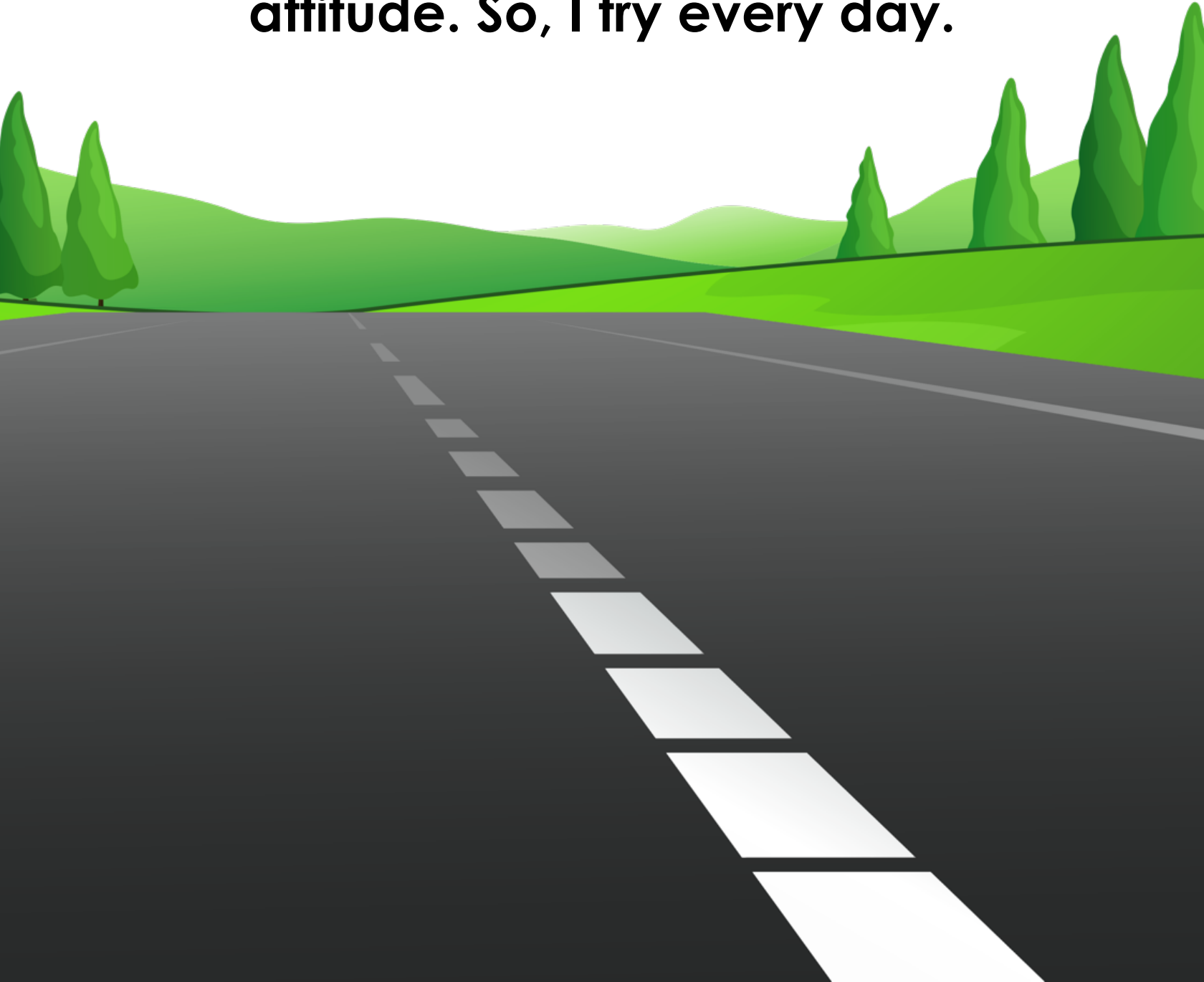
**I like to take risks and learn  
every day.**



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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!**

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





**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

