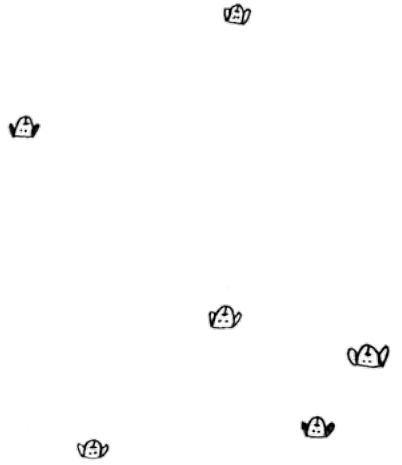
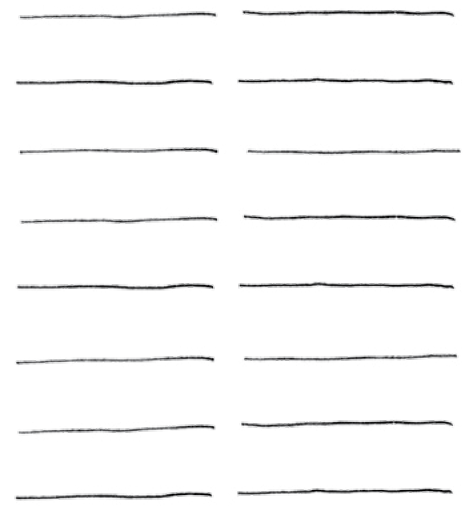


PILE UP YOUR ANXIETIES
THEN KNOCK THEM DOWN:

AHH! SORRY, I MEANT DOTSI
AUTO-CORRECT!!

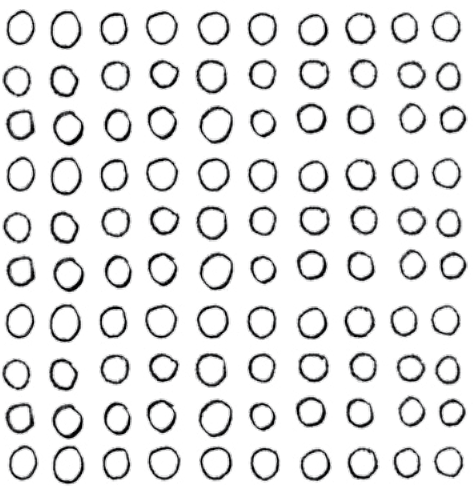


CONNECT THE DOGS:

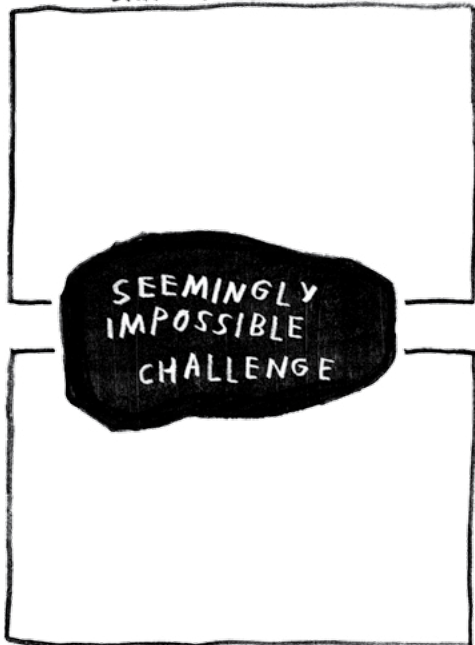


DESCRIBE YOUR MOOD
IN 1 WORD EVERY TIME
YOU VISIT THIS PAGE:

HOW DO YOU FEEL TODAY?



DRAW YOURSELF NOW



THEN DO IT AGAIN LATER

This sheet is designed to be folded into a booklet. Need help? Watch a tutorial video with the author at adamjk.com/pickmeup-diy.

Find 254 (full size) pages of creative inspiration and existential introspection in **PICK ME UP: A Pep Talk For Now & Later**.

Available wherever books are sold, or visit adamjk.com/pickmeup.

@ADAMJK #PickMeUpBook



FOR PERSONAL USE ONLY. Excerpted with permission from PICK ME UP by Adam J. Kurtz, from TarcherPerigee, a division of Penguin Random House. Copyright 2016, Adam J. Kurtz.

