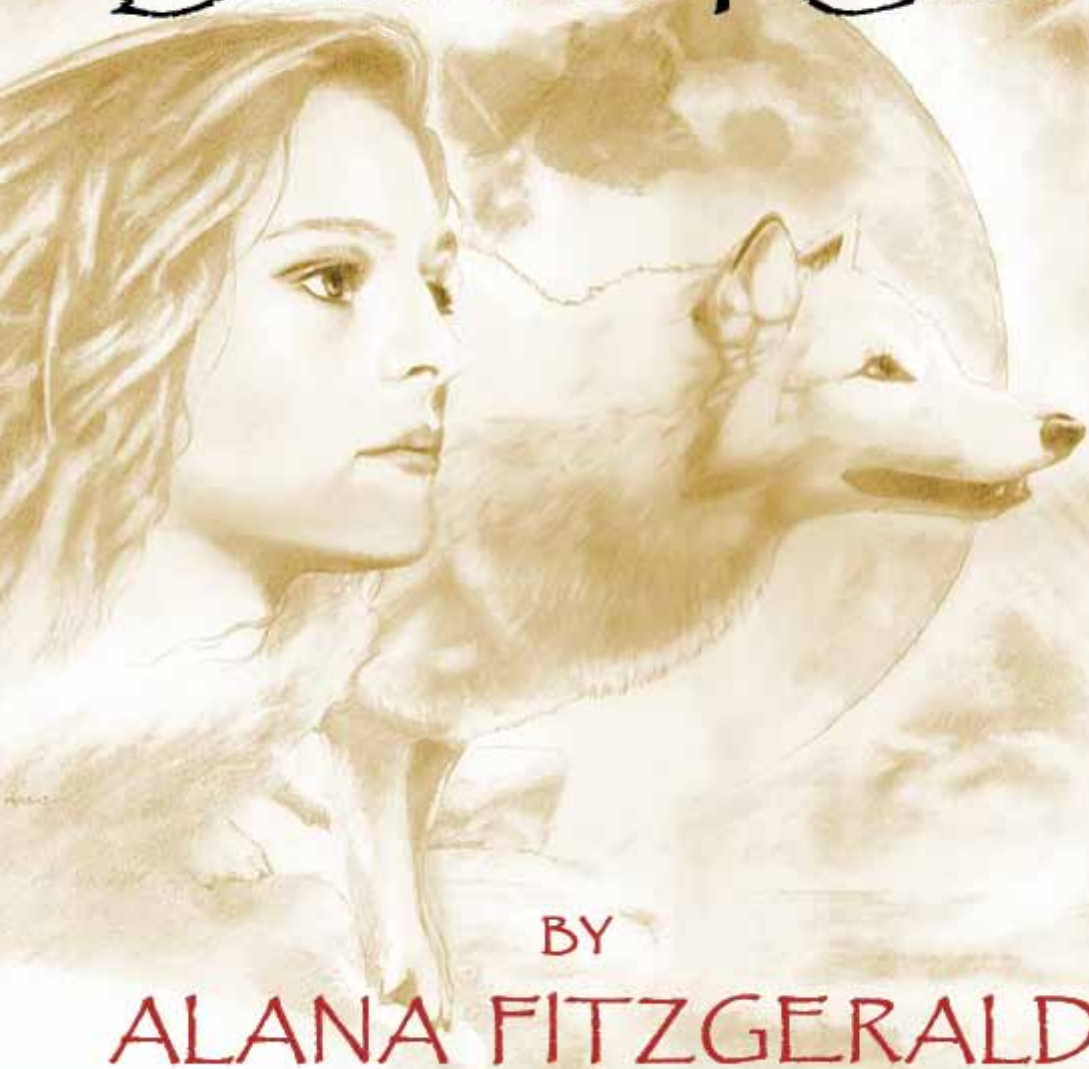




Because I Can



BY

ALANA FITZGERALD



Because I Can

by

Alana Fitzgerald

Because I Can ...

I will pick a page of my
book at random every day
to help me feel positive
and radiant.

Because I Can ...

Some days I will take giant
leaps towards my destiny,
other days little steps but
always heading towards my
goal.

Because I Can ...

I will honour my departed loved ones by making them proud, as if they were still physically here.

Because I Can ...

I will allow myself to cry.

Because I Can ...


I will hold my head up high
and praise myself for all of
my achievements, no matter
how great or small.





Because I Can ...

I will live knowing,
LOVE is the reason...
and the answer.



Because I Can ...

I will always rescue any
animal in distress, homeless,
hurt, unloved or in need of
help.

Because I Can ...

I will help to give people
hope, not take it away with
criticism and negativity.
Hope may be all they have.

Because I Can ...

I will tell my mum I love her,
send her surprises, phone
her for no reason and
cuddle her heaps.

Because I Can ...

I will allow myself to laugh.

Because I Can ...

I will recognise when I'm
wrong and act accordingly
and stand up for myself
when I'm not.

Because I Can ...

I will let my soul and spirit
shine through, guiding
my way to happiness and
abundance.

Because I Can ...

I will donate to the Animal
welfare and RSPCA
to help all the beautiful
faithful animals.