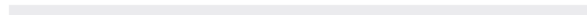


EVERYDAY
SHORT
STORIES
for TEEN
GIRLS

One More Note.
A quiet companion to
the Stories



THIS COMPANION NOTEBOOK
BELONGS TO:

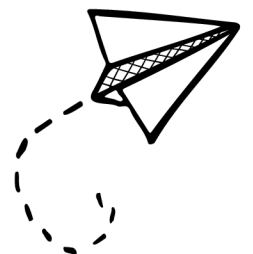


welcome



The stories might be finished, but there's always one more note. One more reminder. One more quiet truth.

This companion is just for you. A little something extra, to hold, to reflect, to keep. Not advice or a workbook... just a few soft, thoughtful pieces to keep close on the days you need them most.



Journal Prompts for the In-Between Days

These aren't meant to fix anything. Just open a little space.

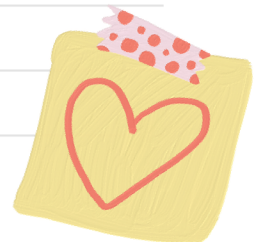
Some days are loud, some are numb, some are full of questions, and some are just... weird. These prompts aren't here to fix anything. They're here to open a little space... to help you make sense of your own thoughts... or not. So, grab your journal or a sheet of paper, pick a prompt that you feel drawn to and just write what comes. You can write as much or as little as you like. There's no "right" way to answer. There's just your way. And if you don't feel like journaling at all, that's okay too.

♡ For when you feel stuck...

I don't know what to do next, but I do know this...

I'm tired of pretending that...

If I could pause time for a moment, I would...



♡ For when you feel like too much (or not enough)...

What if nothing about me is wrong?

A part of me I'm still learning to like is...

If I were being kind to myself today, I would...

xoxo

♡ For when you don't know how you feel...

Right now, I feel... (try naming anything... even "I don't know" counts)

A moment today that made me something, even a little

If my feelings could speak, they'd probably say...



♡ For when you want to remember who you are...

I feel most like myself when...

The version of me I'm becoming is...

A reminder I want to carry into tomorrow...

If something stirs,
follow it. You don't
have to have the
answers. You just have
to start.

Printable “Notes to Myself” Kit

Inspired by the girls in the stories, use these blank notes and examples to write the reminders you need. (For your mirror, journal, or locker.) These are the notes you don't always get handed. The ones that don't show up on your phone, or your feed, or your school hallway. So maybe you write them for yourself.

Tape them to your mirror, tuck them in your journal, keep them in your phone. Or just say them out loud when you need them most.

Here are a few quiet reminders, in case you need a place to start.



Just because they didn't
see me doesn't mean
they didn't see me



I don't have to
be who i was
yesterday



This feeling won't last
forever. I can let it
pass like a wave



My softness
is not a flaw



Some people won't
_____ understand me and
_____ that's okay



I'm still figuring it
_____ out. That's allowed.
_____ That's brave.

Now Your Turn...

Use the space below and on the next page to write your own. You can use any of these gentle prompts to help you spark your thoughts:

- A reminder I need today is...
- If I could say one thing to myself right now...
- I forget this sometimes, but...
- If I was being kind to myself, I'd say...
- "Today I need to hear..."
- "A reminder for my future self..."
- "You're allowed to..."

Then let the words come. No pressure. No need to be perfect.



This feeling won't last
_____ forever. I can let it
_____ pass like a wave



My softness
_____ is not a flaw



A rectangular sticky note with rounded corners, light orange background, and four horizontal white lines for writing.



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Quiet companion Pages

Think of this as your pocket-sized pause button... quiet reminders for whenever you need them, even when you're not even sure what you need.

♥ These pages are here for you. You don't have to read them all at once. Come back when you need them. Let one find you when you're ready.

✦ For when you feel invisible...

You don't have to be loud to matter. You are not what others notice... you are what you are becoming.

✦ For when you feel like you're too much...

It's not "too much." It's depth. It's energy. It's life.
Some people just won't know how to hold it, that's not yours to fix.

✦ For when you feel behind...

There is no deadline for becoming who you are.
You haven't missed it. You're not late.



✦ For when you're overthinking everything...

Not every feeling needs a reason. Not every thought is truth.
You can breathe before you believe it.

✦ For when you're trying to let go...

Some things leave slowly. Some don't leave at all, they just stop running the show.
You'll know when it's time. You'll know.

✦ For when you feel like no one gets it...

Maybe they don't. But that doesn't make your experience less real. You're still
allowed to feel what you feel.

✦ And for the moments when you finally
remember who you are...

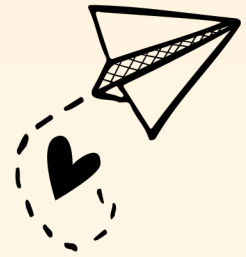
You've always been her.
Even on the days you forgot.



you are so worth it.

From US to You

A note from some girls at MG High



Hey. We don't know where you are or what you're going through, but we figured... if you picked up this book, maybe you're like us, still figuring it all out.

So we wanted to write you this letter. Just to say a few things we wish someone had told us earlier.

Sometimes we thought everyone else had it together and we were the only ones falling apart. Spoiler: they didn't. And we weren't.

We've made mistakes, said things we didn't mean, stayed quiet when we should've spoken up, tried to shrink ourselves just to fit into something that never really fit.

Some of us thought we had to be "the chill girl" or "the smart one" or "the funny one." It took a while to realize we didn't have to pick a label to be worth something.

Some of us are still scared to take up space. Some of us are still learning how to say no. Some of us are still trying to believe we're enough. But we're also learning that growing

up isn't about getting it right all the time. It's about being honest with yourself, even when that's messy.

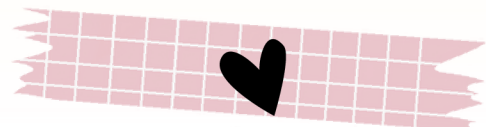
If you're in the middle of something hard, or you're not sure who you are yet, it's okay. And if you ever feel invisible, you're not. We see you.

We're not perfect. You don't have to be either.

Thanks for reading our stories. We hope they helped you feel a little more understood. Or at least a little less alone.



The Girls at M6 High
xoxo



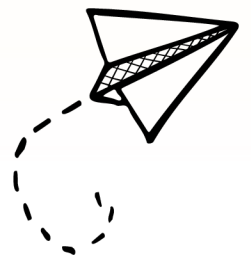
P.S.

If our stories meant something to you, a quiet note from you (in the form of a review) could help another girl find what she needs too.

It's easy, just scan the QR code and share a thought or two.



wonderful days are ahead



A Self-love note to my future self



Write a note to yourself filled with words of encouragement, kindness, and love. Remind yourself of your worth, strengths and unique qualities. This note will be a reminder of your inner strength whenever you need a boost of self-love.



Date:

Journal



A large writing area consisting of 20 horizontal lines, intended for journaling.



Date:

Journal



A large, rounded rectangular area containing horizontal lines for writing, serving as the main journaling space.



Date:

Journal



A large writing area consisting of 20 horizontal lines, intended for journaling.

did my
best

Date:

Journal



A large, rounded rectangular area containing 20 horizontal lines for writing, intended for journaling.



Date:

Journal



A large, rounded rectangular area containing horizontal lines for writing, intended for journaling.

Spoke my truth ♡