

I WELCOME the
QUESTIONS INSIDE
me & trust the
ANSWERS WILL in
COME TIME.

I am allowed to
honor my GRIEF
& sadness when
NECESSARY.

I am
CAPABLE of
HANDLING
what's in front
of me.

I AM
READY to START and TREAT MYSELF
OVER BETTER.

I AM WORTHY
of SPEAKING to
MYSELF AS I WOULD
A DEAR FRIEND.

I am able to free
myself by forgiving
myself.

I CELEBRATE my
small steps
on the WAY to my Bigger
GOALS

I am in control
of the EXPECTATIONS
I am putting on MYSELF.

I am using my mistakes as stepping
stones.

I am
PROUD
of my
BODY for
NEVER
giving up
on me.

I SEE
flickers of
HEALING
HAPPENING
EVERY DAY.

I AM SETTING
NEW STANDARDS
FOR HOW I WANT
TO TREAT MYSELF.

I'M ALLOWED
to have NEEDS &
TAKE UP SPACE.

I CHOOSE flow
NOT as I go
FORCE through THIS
DAY.

I am
growing
AT A
PACE
THAT

Feels
RIGHT
FOR
Me.

I TRUST
MY
HEART
KNOWS
THE WAY.

I HAVE THE
POWER TO
say NO WHEN
I need to.

I HAVE GOOD
IDEAS
& MAKE MEANINGFUL
contributions

I have a unique
GIFT THAT only I
can BRING to the
WORLD.

My emotions
HAVE PURPOSE
and VALUE