



• @cherryforchamps

a lot of beautiful things have happened to me

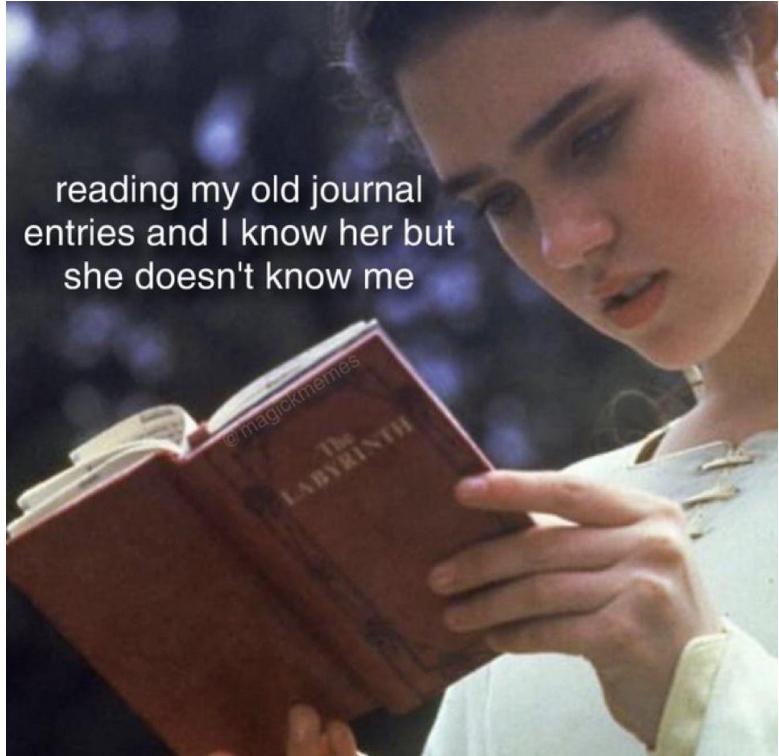


i just need to remember what they are



• @katelikesoatmilk





I AM
STEPPING
INTO THE
MOST
SUCCESSFUL
DECADE OF
MY LIFE

How you speak
to yourself matters.

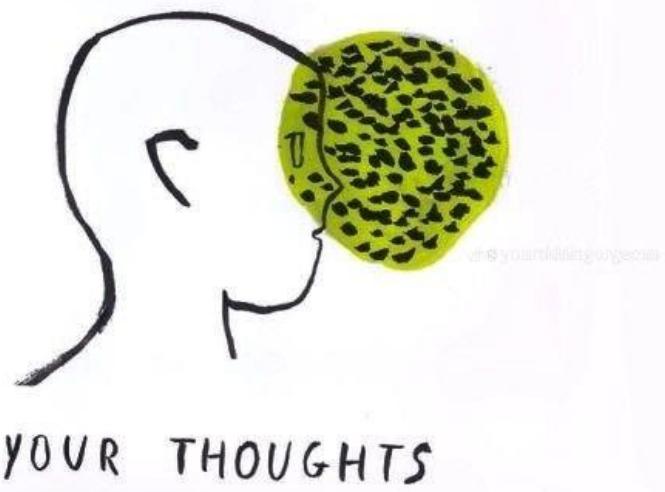
Life is too short
to spend it at war
with yourself.



@yasminj139



**There is no
"right time",
there is just
time & what
you choose
to do with it.**



ACTUALLY,
LIFE IS BEAUTIFUL
AND I
HAVE TIME.

Be Careful
How You Speak
To Yourself



You Are Always Listening

SLOW
GROWTH
IS STILL
GROWTH

YOU CAN'T
HATE
YOURSELF
INTO A
VERSION
THAT YOU
LOVE

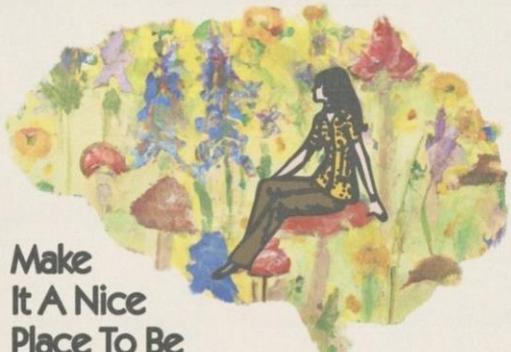
**WHAT'S
THE
BEST
THAT
COULD
HAPPEN**

**BE KIND TO
THE PAST
VERSIONS OF
YOURSELF
THAT DIDN'T
KNOW THE
THINGS YOU
KNOW NOW.**

THE REIGN CLUB

Be nice to
yourself.
It's hard to
be happy
when
someone is
mean to
you all the
time.

**You Spend
A lot Of Time
In Your Head**



Make
It A Nice
Place To Be

**forget
the mistake
remember
the lesson**

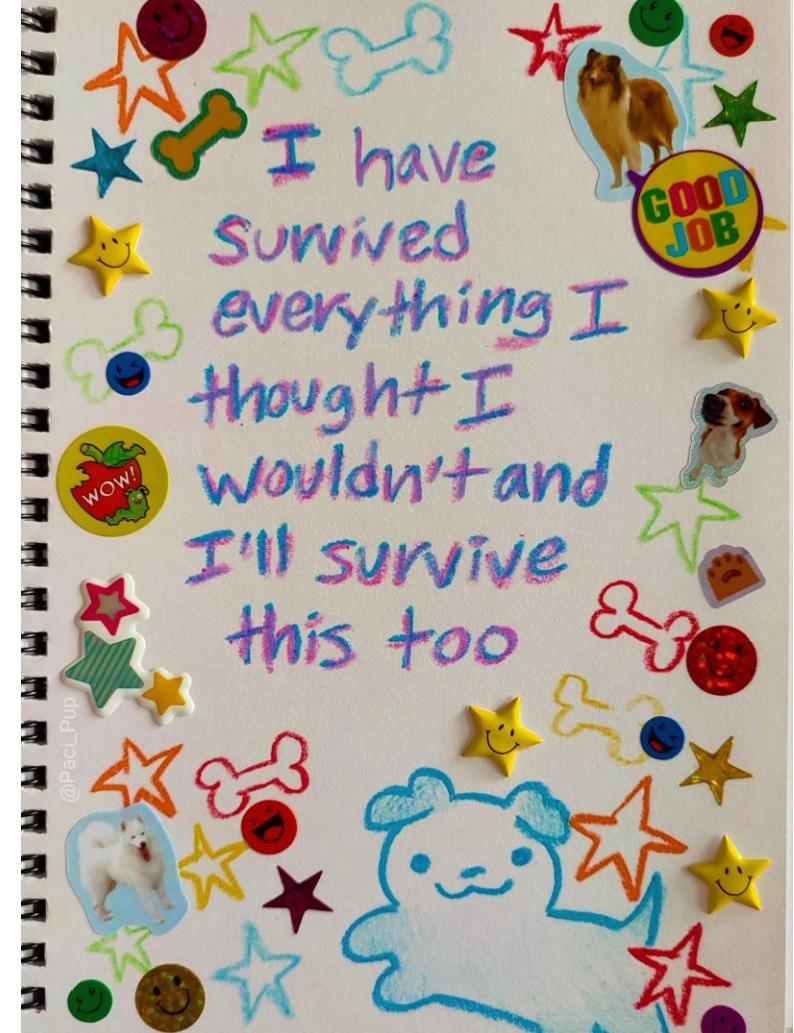
BUT WHAT
IF IT ALL
WORKS OUT!!!



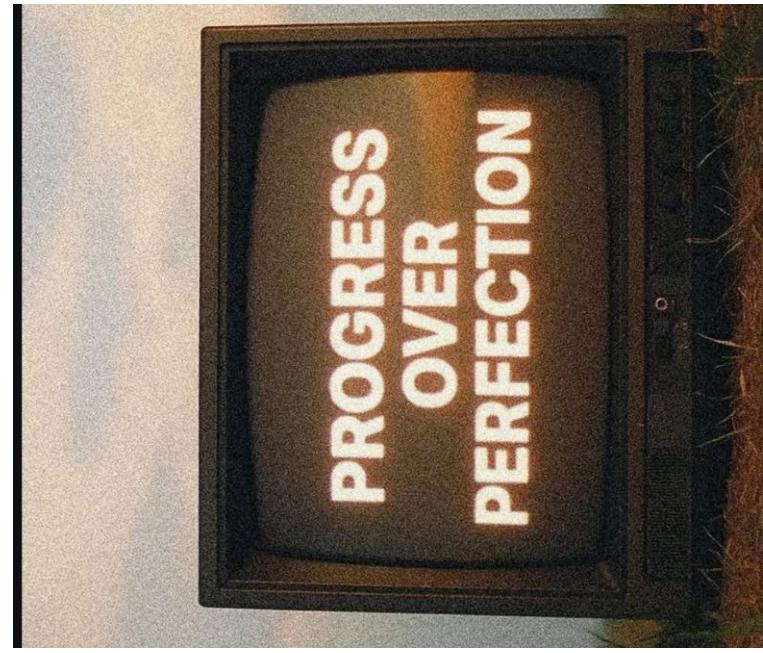
THE TIME WILL PASS ANYWAY.



NO AMOUNT OF ANXIETY
MAKES ANY DIFFERENCE
TO ANYTHING THAT IS
GOING TO HAPPEN

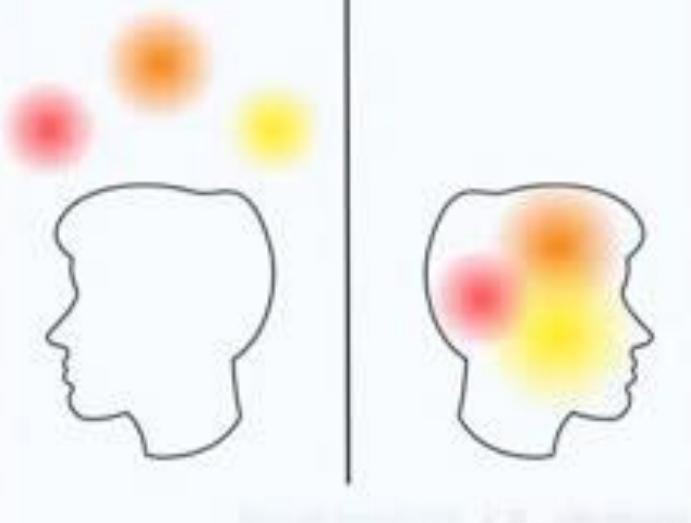


REMEMBER TO TREAT
YOURSELF KINDLY
WHEN YOUR
EMOTIONS
BEATING ARE
YOURS UP
BRAIN.



Observe it.

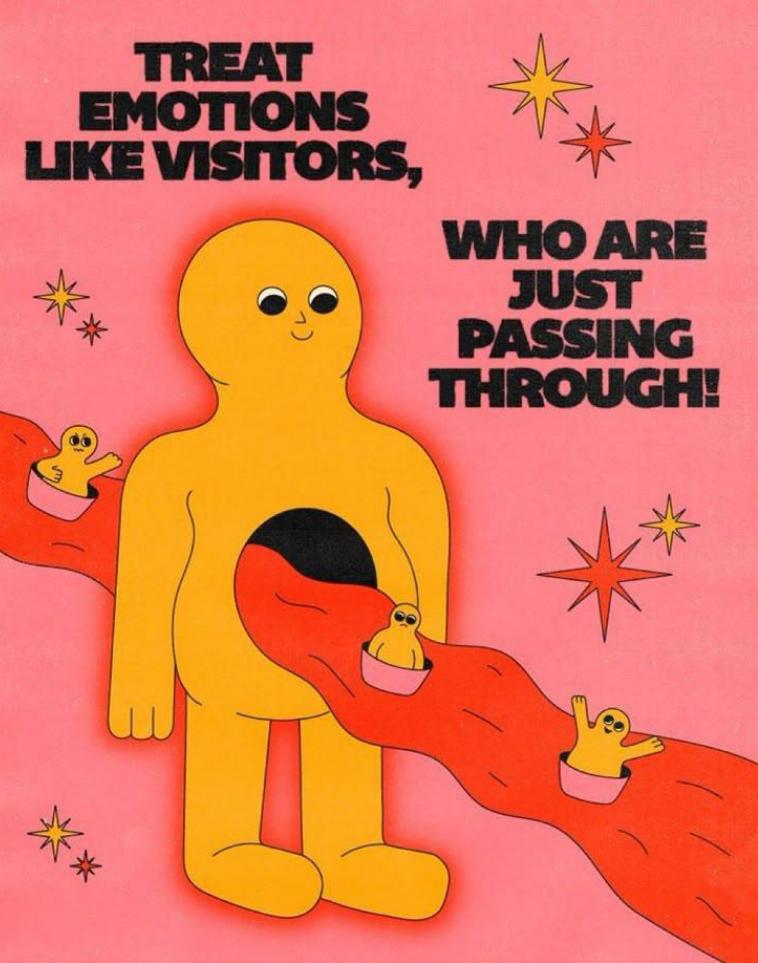
Don't absorb it.

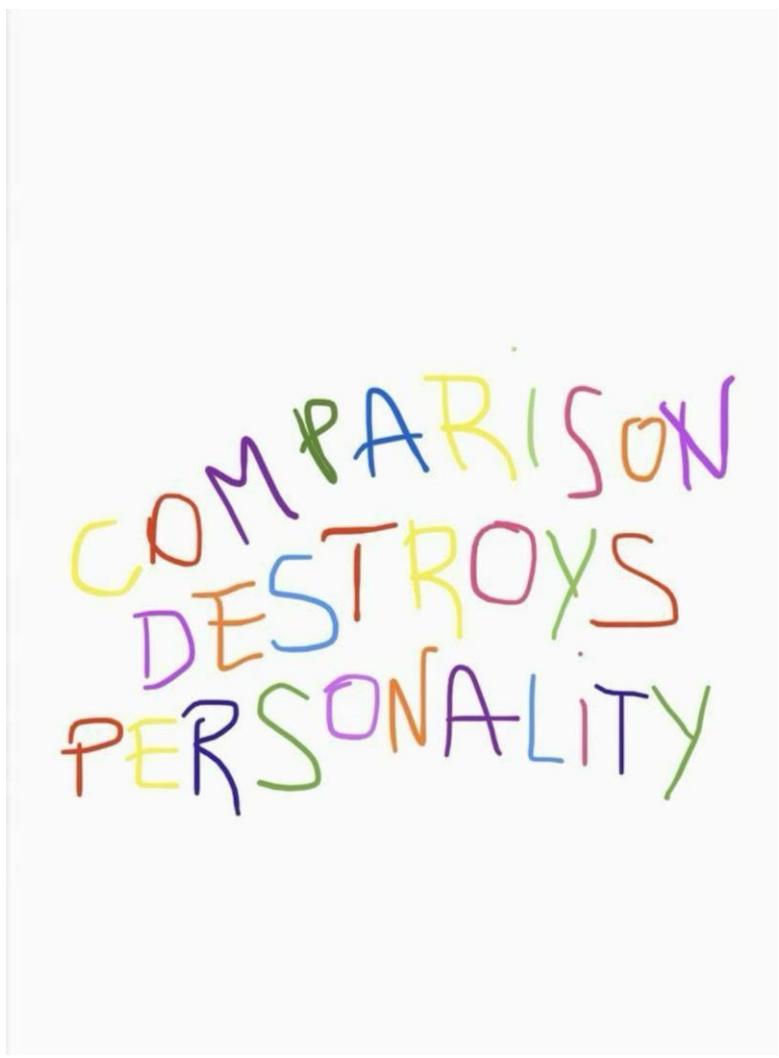
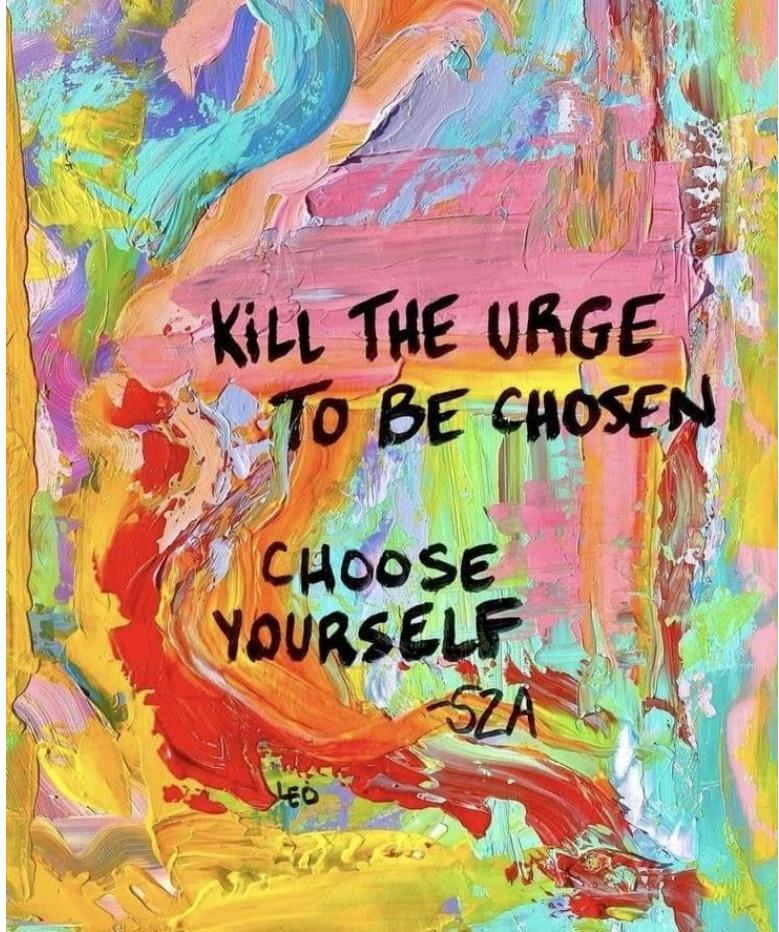


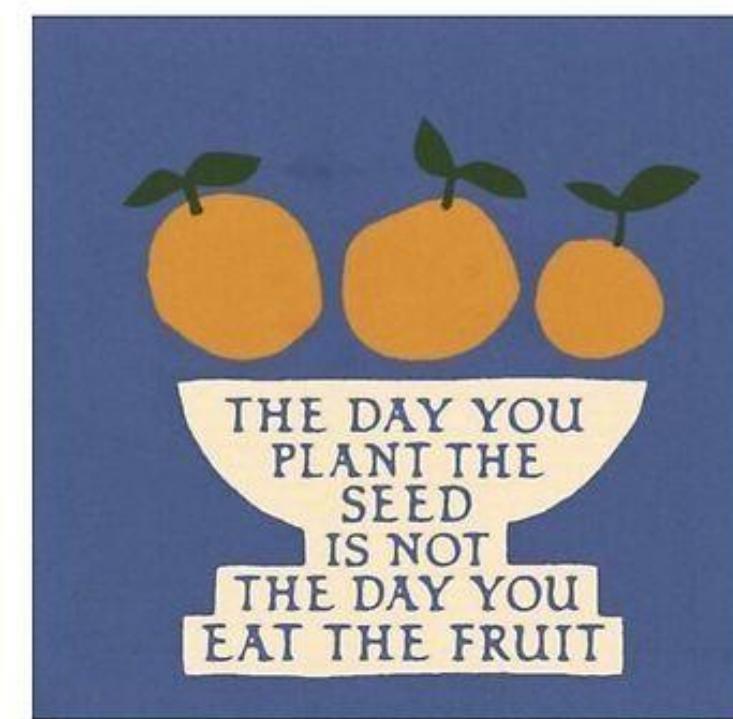
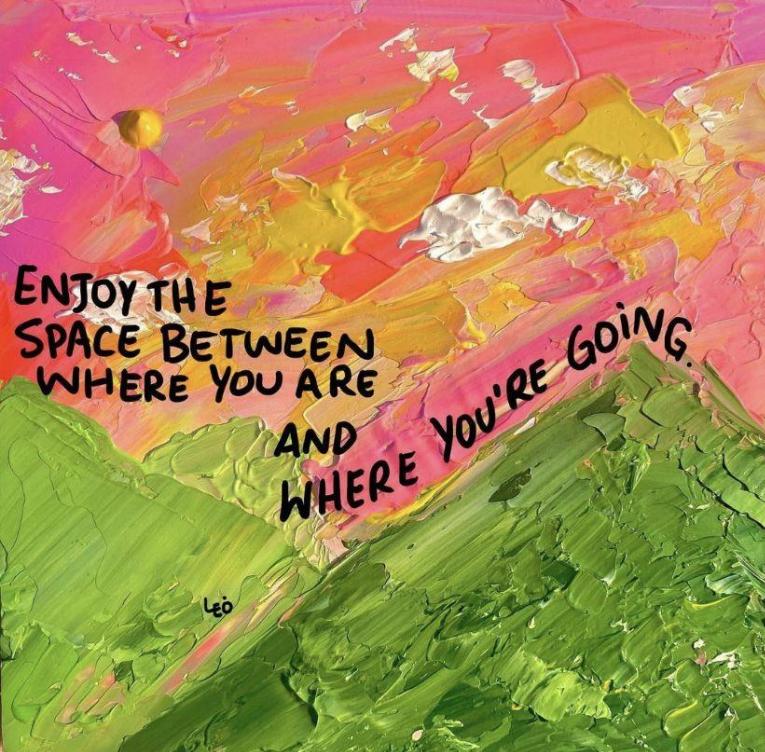
No matter what comes your way
You are going to figure it out



EVERYTHING IS GOING
TO BE SOOOOOO
FINE.







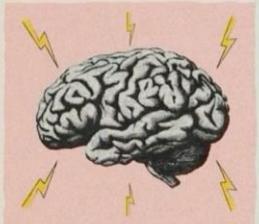
DOUBT
SILLS MORE
DREAMS
HAD
FAILE EVER
NIL

We kindly invite you to...

Stop Dwelling

on the past

- WHAT IS GONE
IS GONE
 - WHAT HAPPENED
HAPPENED
 - WHAT YOU DIDN'T DO
CAN'T BE DONE



IT'S TIME TO STOP THINKING ABOUT THE COULD'VES
SHOULD'VES AND WOULD'VES, TURN THE PAGE
OVER, FORGET ABOUT THE PAST AND START TO
LOOK FORWARD. WHAT IS DONE IS DONE. THE MORE
YOU THINK ABOUT IT THE MORE PAIN YOU CREATE.
The Times Is Now. Please Join Us!

MESSAGE BROUGHT TO YOU BY MLGRSDESIGN

CIRCLE OF CONTROL



Focus your energy on things you can control

**“Focus on
yourself.
Don’t get
lost in other
people.”**

@REDSOLESANDREDWINE

It Only Has The
POWER

That You Give It

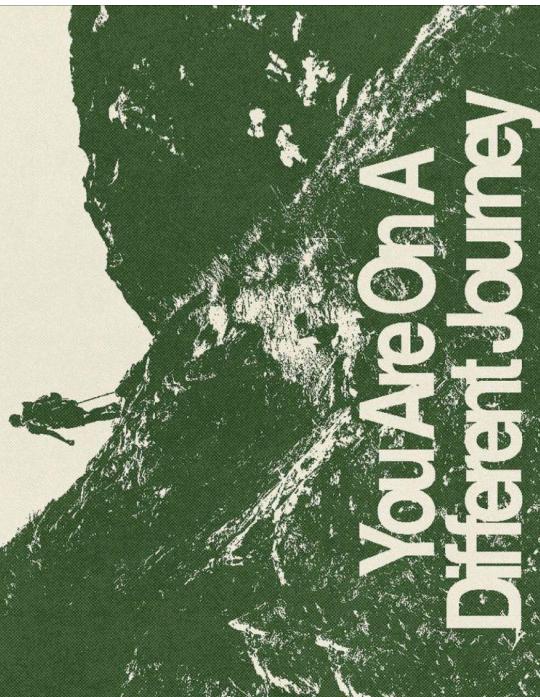


↳ @pinterestonliketok5

**your
vision
will
become
your
reality**

@nooloowellness

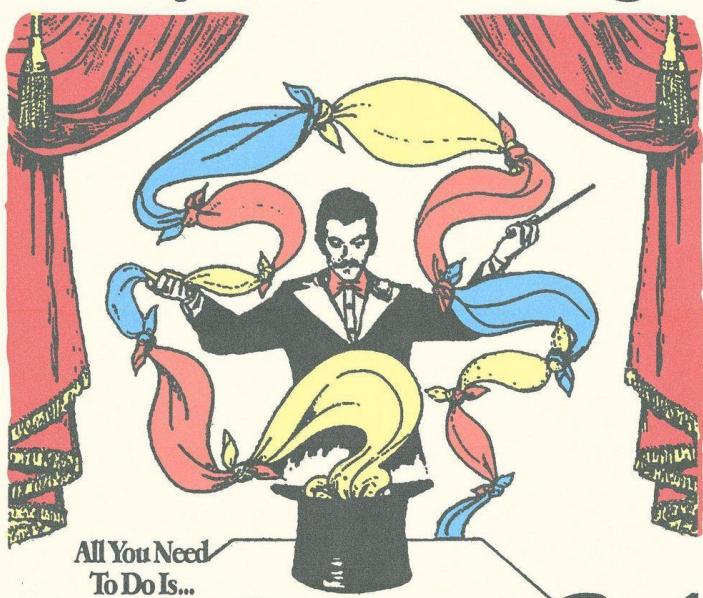
**You Are Not
Behind**



**You Are On A
Different Journey**

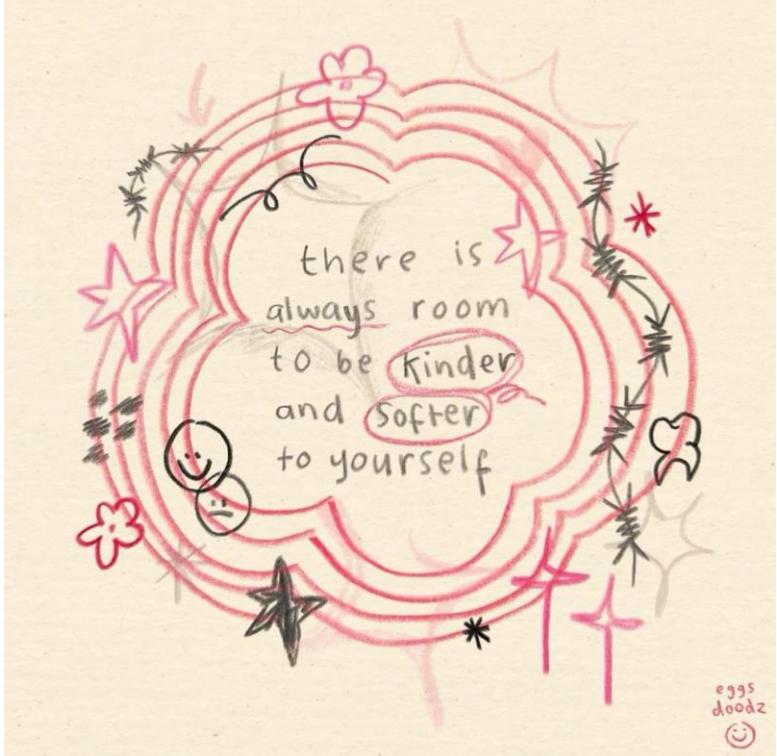
**Sometimes
things have
to go wrong
before they
can be right**

**Want To Turn What You
Already Have Into Enough?**

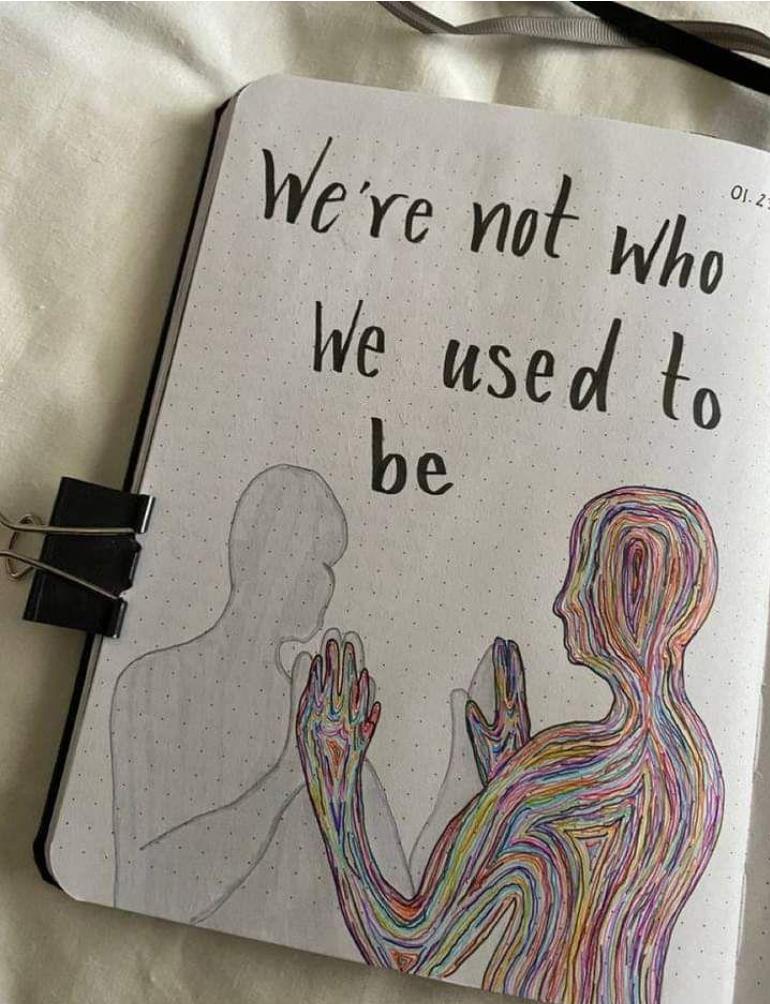


All You Need
To Do Is...

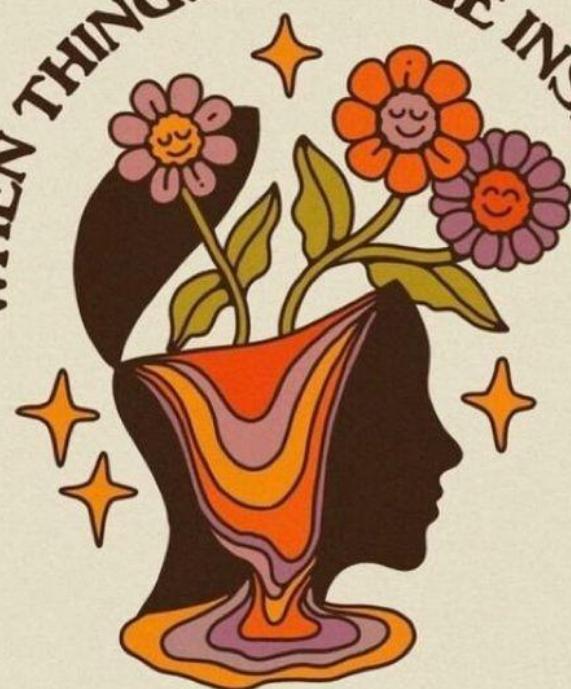
Be Grateful



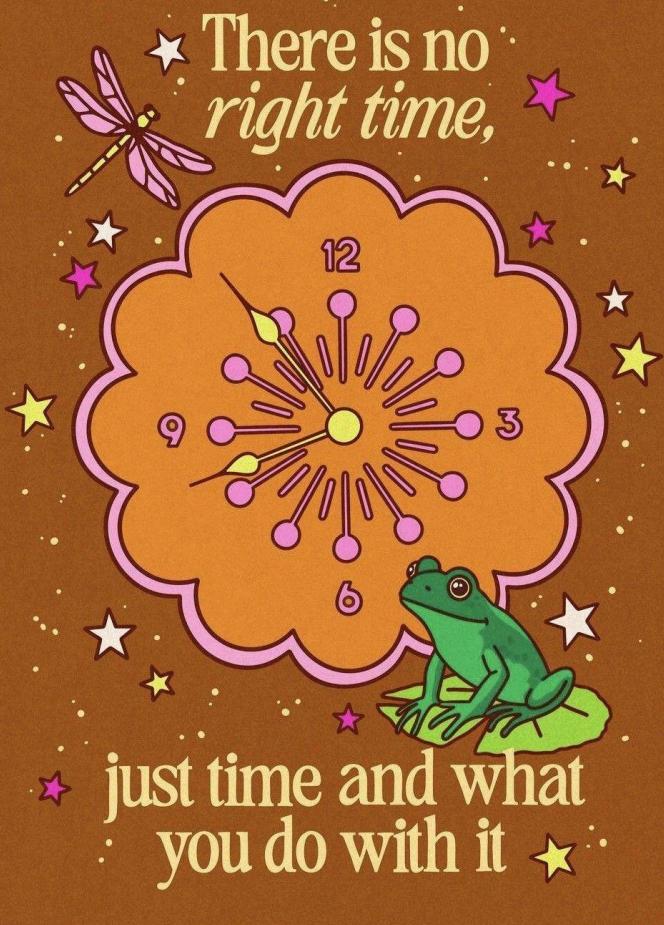
We're not who
we used to
be



WHEN THINGS CHANGE INSIDE YOU



THINGS CHANGE AROUND YOU



MAKE
PEOPLE
FEEL GOOD
ABOUT
THEMSELVES
BUT NEVER
FORGET THAT
YOU ARE
PEOPLE
TOO

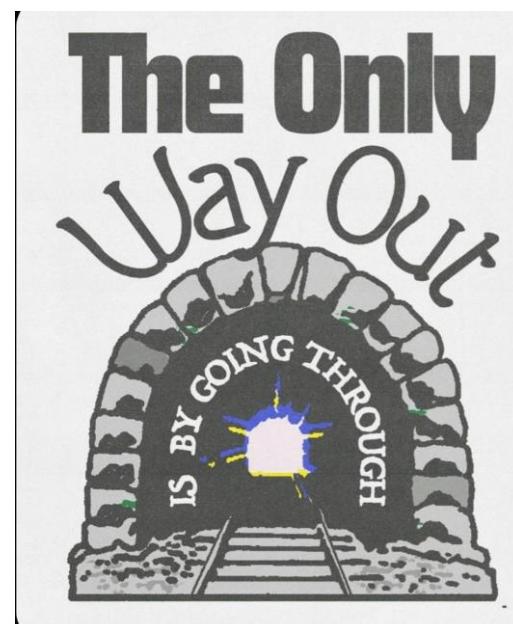


Forgiveness is giving
up the hope that the
past could have been
any different.

Oprah Winfrey
What I Know For Sure

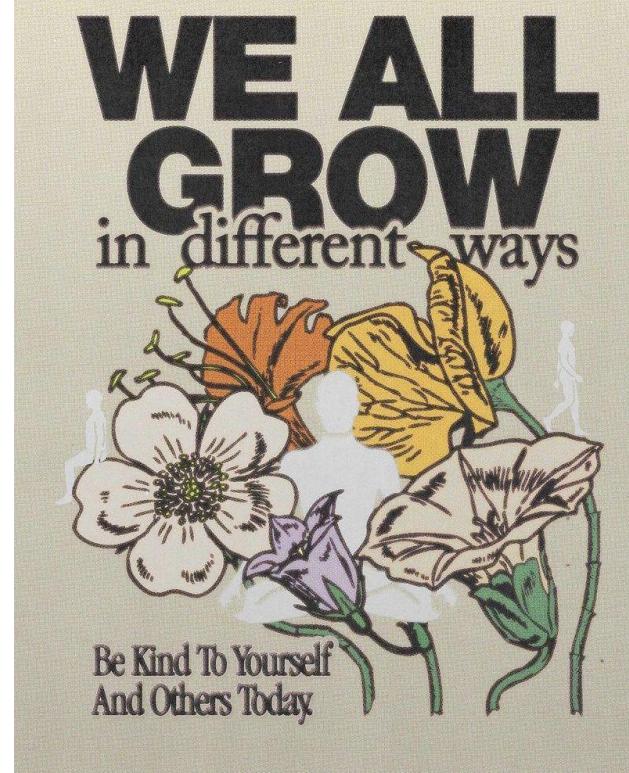
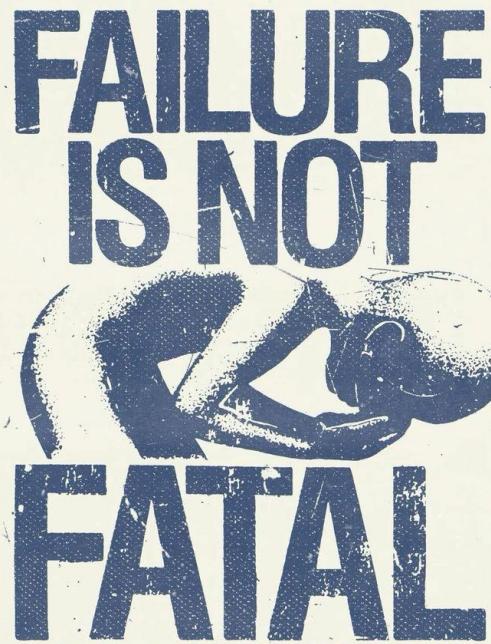
TEURML SCKYVI
HOWDRQTEGGOD
IVSPYBDVWKTF
NLWAEMUNELOH
GOBQIHFAETPBJA
SPCTDLOKRHXWIB
WZERJTLCSPLNYG
TGFDOODLEWORKE
RVWXBIDSRECORDS
OIUZAXJIPAPAOUT
ZEYPBFLGSUEAJN

eggs
doodz
😊



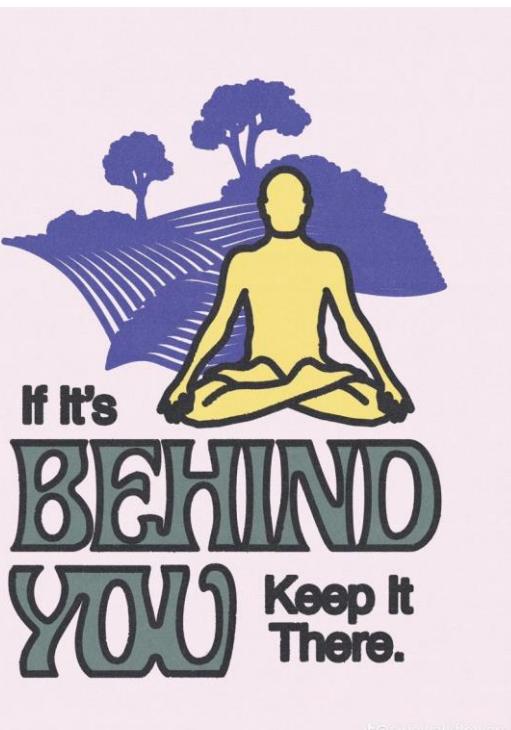
To attract better, you have to become better. You can't do the same things and expect change. Transform your mindset. Upgrade your habits. Think positive. Be hopeful and consistent with your evolution. It all starts with you and how you feel about yourself.

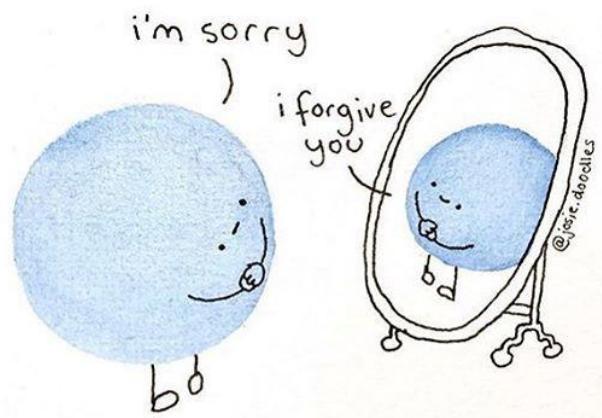
you're handling things better than you used to



You have
to do things
you have
never done
to get things
you have
never had.

* Good
You News!
* Are
Enough
on your best and worst days!





You want to perform a miracle?
Forgive yourself.
- Rune Lazuli

I CAN'T
PREDICT THE
FUTURE

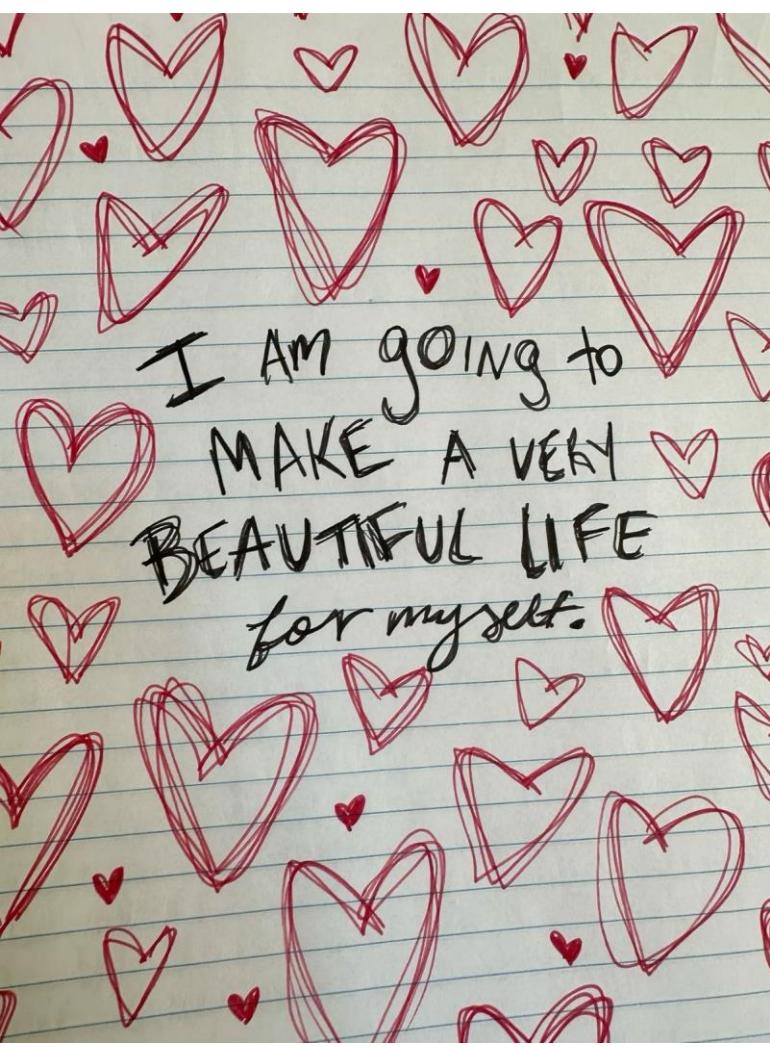
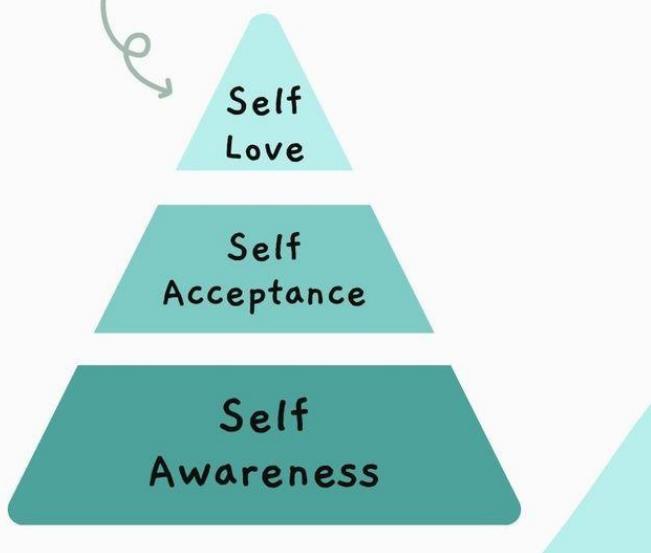
SO I LIVE
IN THE
PRESENT

I choose to forgive
myself and accept
my imperfections.

@serenivate

**FORGIVE YOURSELF
EACH NIGHT AND
RE-COMMIT EACH
MORNING.**

PYRAMID OF Self Worth

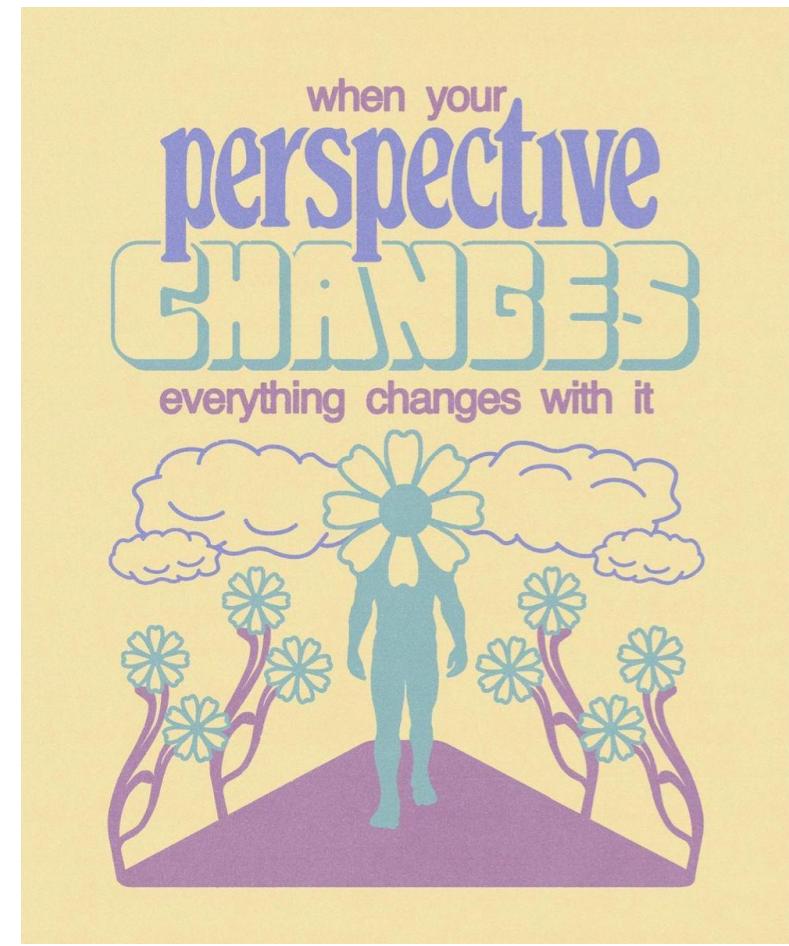


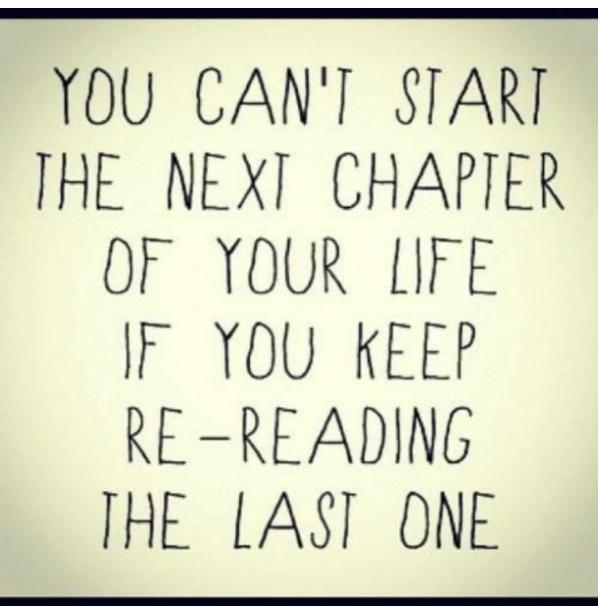
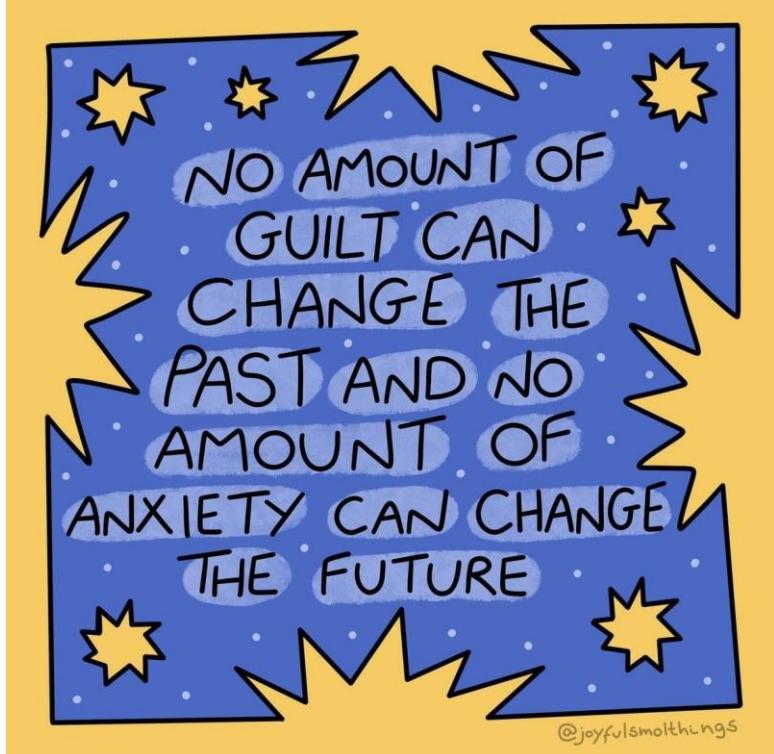
IMPORTANT: DO NOT IDENTIFY WITH THE FEELING

i.e. I am not sad,
I am experiencing
sadness.



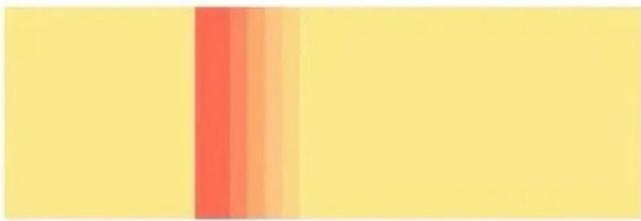
-Debra E. Burdick





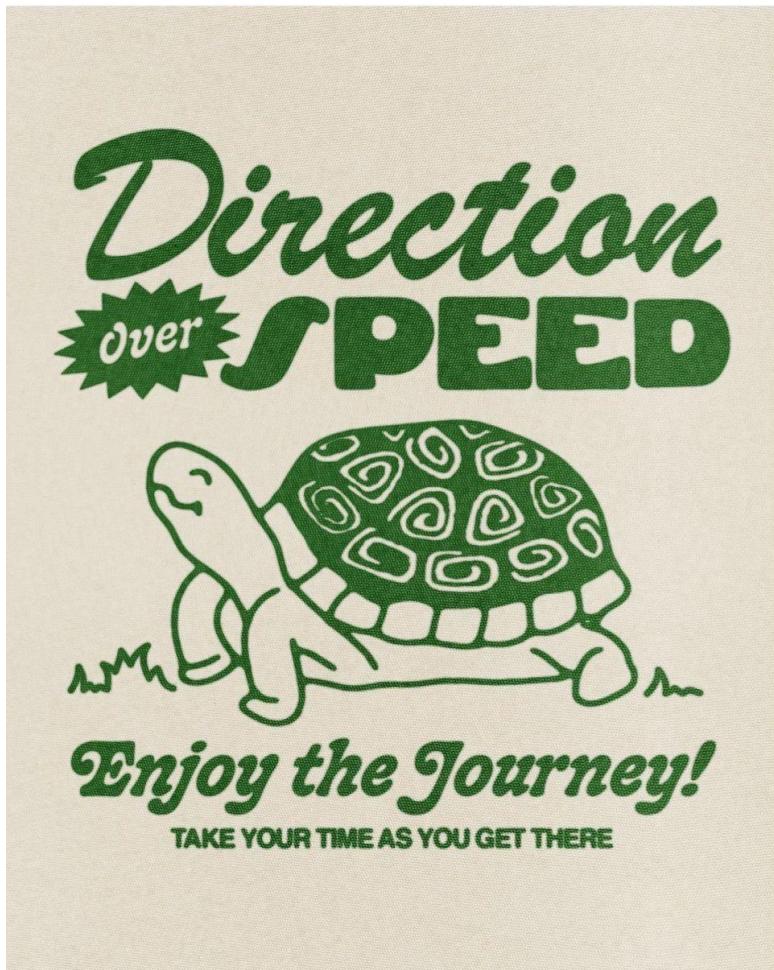
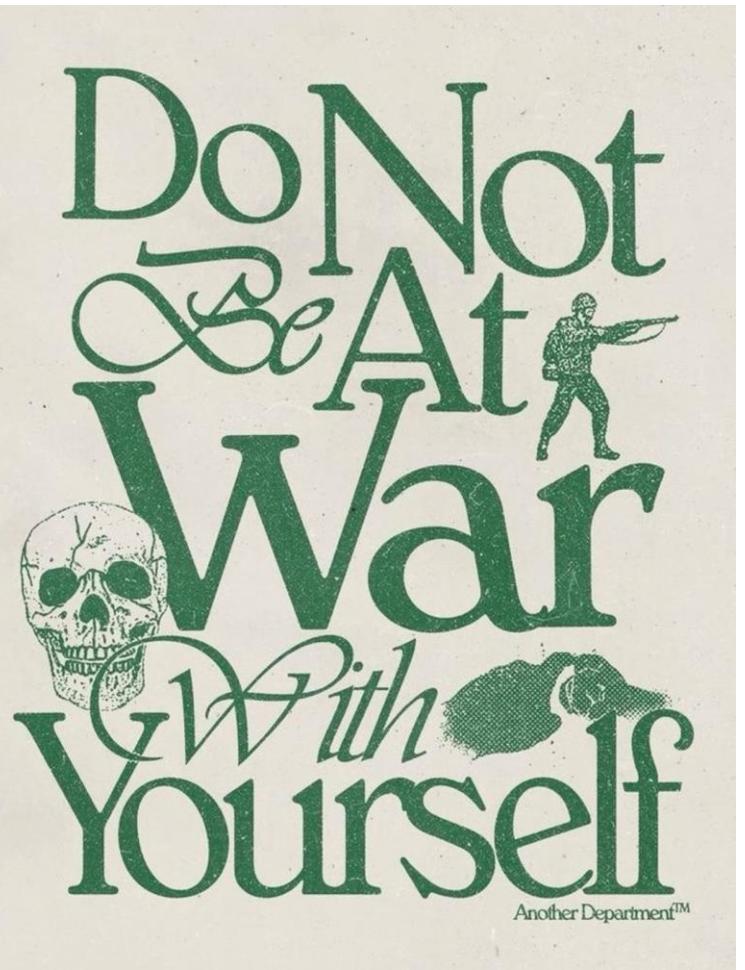


don't let one setback color your day

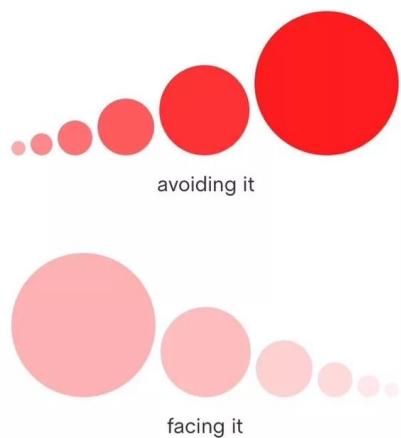


pause and feel it, then — keep going

dr @upliftwellness

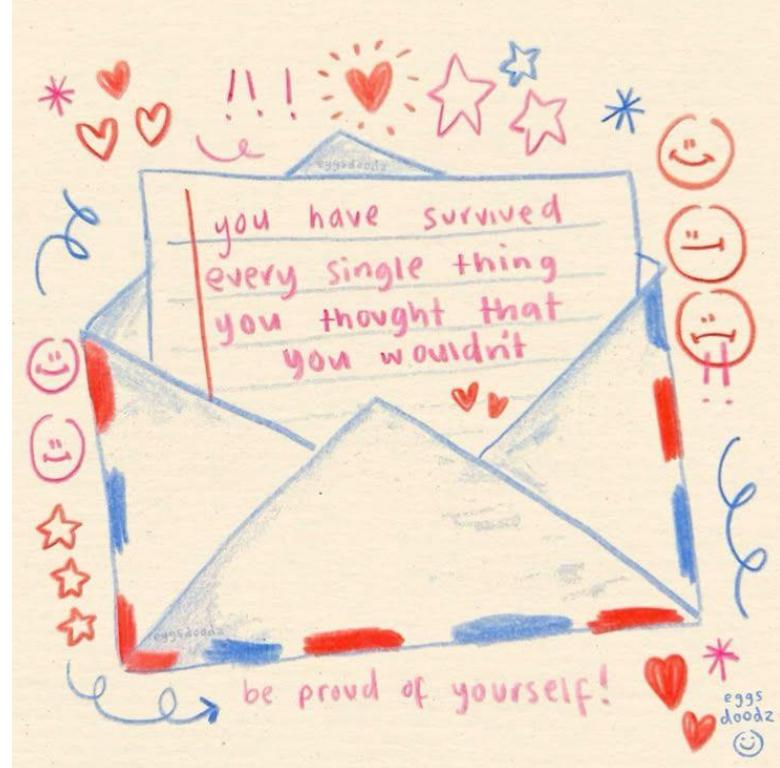


SIMPLY LET THINGS
ARISE AND UNFOLD
NATURALLY INSTEAD
OF FORMULATING
EXPECTATIONS AND
WORRYING. THINGS
USUALLY TURN OUT
JUST PERFECTLY.



@emmacatherina24

@newhappyco



TIME TO FORGIVE
YOURSELF. YOU'RE
NOT THAT PERSON
ANYMORE.

sometimes
what you
end up with
is better
than what
you
wanted.

WHAT A
GOOD
DAY
TO BE PROUD
OF ALL THE
PROGRESS
I'VE MADE

What if
it goes better
than expected



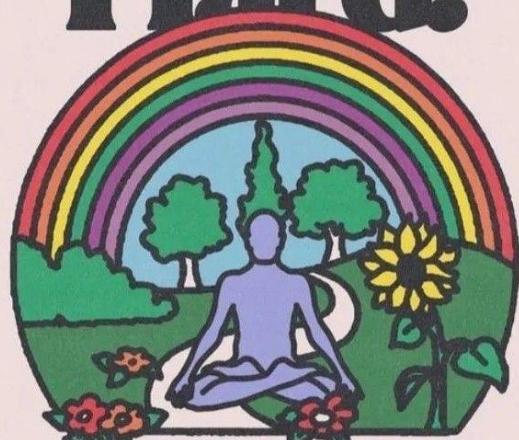
STOP EXPECTING THE WORST



FORGIVE
YOURSELF FOR
THE MISTAKES
YOU MADE THAT
YOU CANNOT ERASE.
LEARN FROM
THOSE FAULTS
AND GROW.

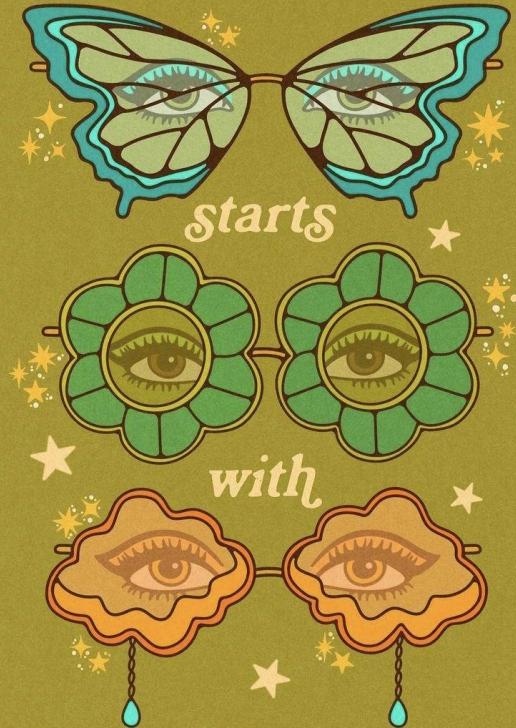
Life Is
Hard

Already

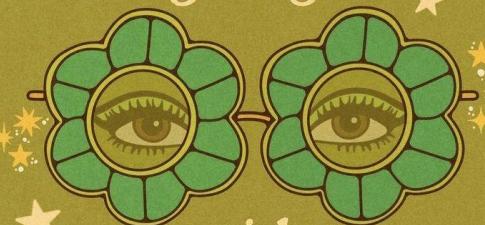


There's No Need To Be
So Hard On Yourself.

* A beautiful life



starts



with



a beautiful perspective

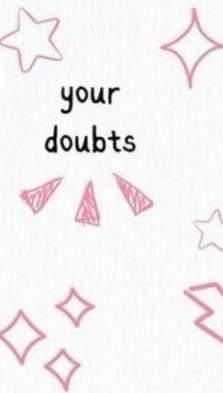
GOD

IS

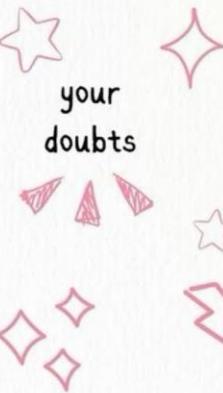
SO MUCH
BIGGER

THAN...

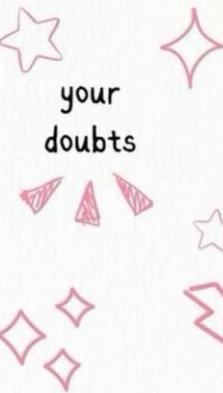
your
doubts



your
pain



your
hurt



your
mistakes



your
past



your
worries

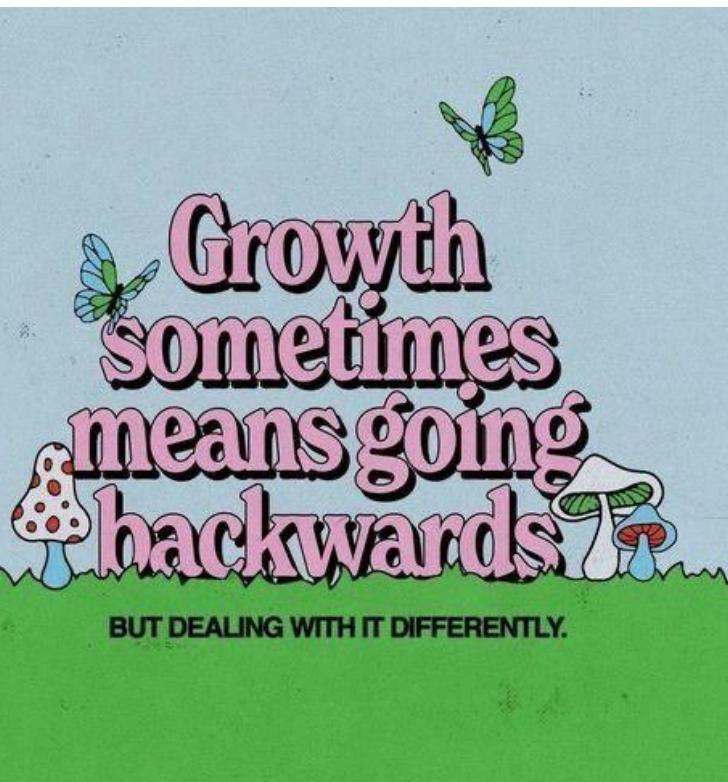


your
shame

your
regrets



your
hurt



**don't
call it a
dream,
call it a
plan**

You Are Not The Same Person.



This Is A Good Thing.

Another Dept. © 2024

SEEK BALANCE



NOT PERFECTION

keep your
EYES on your
OWN PATH

@nikkimiles_

Be Grateful With What You Have



While Moving Towards What You Want

Take It

Day — By — Day



*eventually you will get to
where you are going*

@j4ded.com

sometimes
you need to
**Get Out Of
Your Own Way**



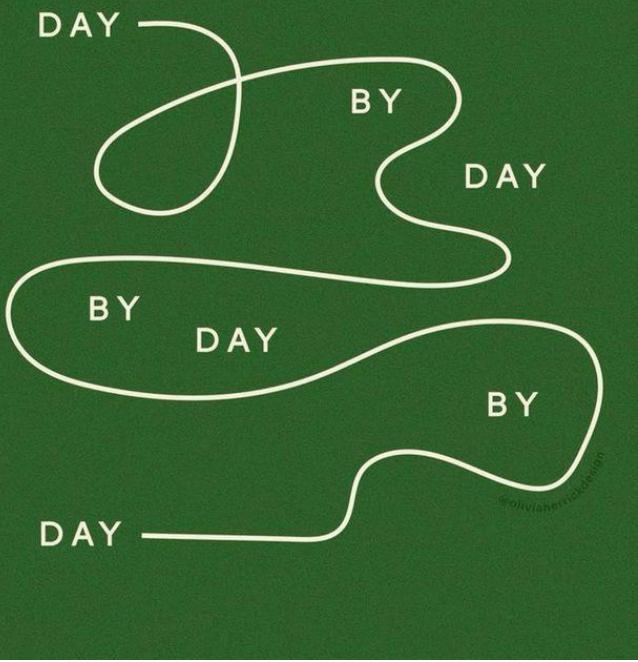
your feelings are valid, but they shouldn't hold you back

A series of four small cartoon figures: a man looking up, a woman holding a flower, a man with arms crossed, and a person sitting on the ground.

**Look
Back At
The Past
Only To
Learn**

A large blue hydrangea flower with green leaves.

**Change Is Inevitable
Growth Is Optional**



I release all fear and welcome change.

