

WORKING
OUT FOR ME

MY FEELINGS
ARE VALID

MY NEEDS
MATTER

I CHOOSE TO
LOVE MYSELF
UNCONDITIONALLY

TAKE TIME TO DO
THE THINGS THAT
FILL YOUR SOUL

SMALL STEPS
EVERY DAY

I CHOOSE TO
FEEL AT PEACE

daily reminders

YOU CAN
AND YOU WILL

LIFE IS
TOUGH BUT
SO ARE YOU

CELEBRATE
EVERY
SINGLE WIN

MANIFEST
IT INTO REALITY

I AM
AMAZING

I AM GRATEFUL
FOR ALL
THAT I HAVE

GOOD THINGS
TAKE TIME

I DESERVE
JOY

I AM DOING
MY BEST

I TRUST
MYSELF

YOU HAVE ALWAYS
BEEN ENOUGH

HAVE COURAGE TO SET
BOUNDARIES
AND DON'T BE SORRY

I AM LOVED +
I AM WORTHY OF