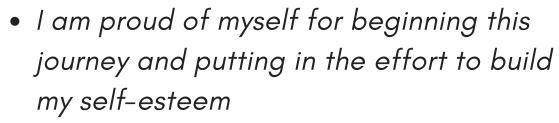


SELF-ESTEEM



- I love myself for showing up today and taking the first step in my personal growth
- I will continue to encourage myself
- I believe in what I have accomplished and what I will continue to accomplish as I hold the power
- I forgive myself for anything I have said negatively about myself in the past and I am excited about the future
- I am a creative, intelligent, patient, kind, strong, and beautiful, loving soul