

GROWTH BEGINS WITH
SELF-ACCEPTANCE

I CAN DO HARD THINGS
I AM WORTHY OF REST
I AM ENOUGH

I FORGIVE MYSELF
I FORGIVE MYSELF
I FORGIVE MYSELF

I DESERVE HELP
AND SUPPORT

OTHER PEOPLE'S OPINIONS
ABOUT ME ARE NOT MY
BUSINESS

MY PRODUCTIVITY
IS NOT MY VALUE.

I RESPECT MY NEEDS
AND BOUNDARIES
ENOUGH TO COMMUNICATE
THEM EVEN WHEN IT IS
UNCOMFORTABLE

FAILURE IS
PRODUCTIVE

EVERYTHING I NEED
IS INSIDE OF ME

I DESERVE TO
TAKE UP SPACE

I AM NOT ASHAMED
OF MY HUMANITY

I AM MORE
THAN MY
BODY

I'M EXACTLY WHERE I NEED TO BE
I HONOR MY OWN PATH & MY OWN PACE
I AM WORTHY OF LOVE EXACTLY AS I AM

MY FLAWS, DISCOMFORT,
AND AWKWARDNESS
ARE ESSENTIAL PARTS
OF MY HUMANITY

MY RELATIONSHIP
WITH MYSELF IS THE
MOST IMPORTANT
RELATIONSHIP IN
MY LIFE

