




My
feelings
are
VALID

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I believe
I CAN

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You are
beautiful
inside
and out

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A friend
is just
a call
away

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Appreciate
the small
things

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Know
that
you are
LOVED

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Be kind and
help make
someone
SMILE

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Practice
self-care!
Take time for
YOURSELF

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YOU
deserve
love and
respect

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You are
NOT
alone



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YOU
matter



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You are
important
AND
valued



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I will
keep going
AND
keep growing




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One
step at
a time



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I am
worthy
AND
resilient



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Just
BREATHE




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Believe
in
YOURSELF



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Today I will
have an
attitude of
gratitude




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Be kind
to
yourself



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Look for
a positive
in every
situation



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You've
GOT THIS




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Keep
moving
forward



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You were
born
WORTHY




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Don't forget
how rare
you are



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YOU
are
enough



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Start
where
you are




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'Carpe Diem'
Seize
the day



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I am
WORTHY
of love




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Talk
with a
friend




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I release
tension
whenever
I exhale



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This too
will
pass



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Look
for the
silver lining



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Focus on
your
breath



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One
day at
a time




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Be your
own
best friend



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Celebrate
your
strengths



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Seek
solace in
nature



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Relax
with a
hobby



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One
task
at a time



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Tomorrow
is a
new day



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Take
a walk
in the
sunshine



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You
are
special



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Reclaim
your
inner
sparkle




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LOVE
and allow
yourself to
BE LOVED



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You were
born to
SHINE



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