

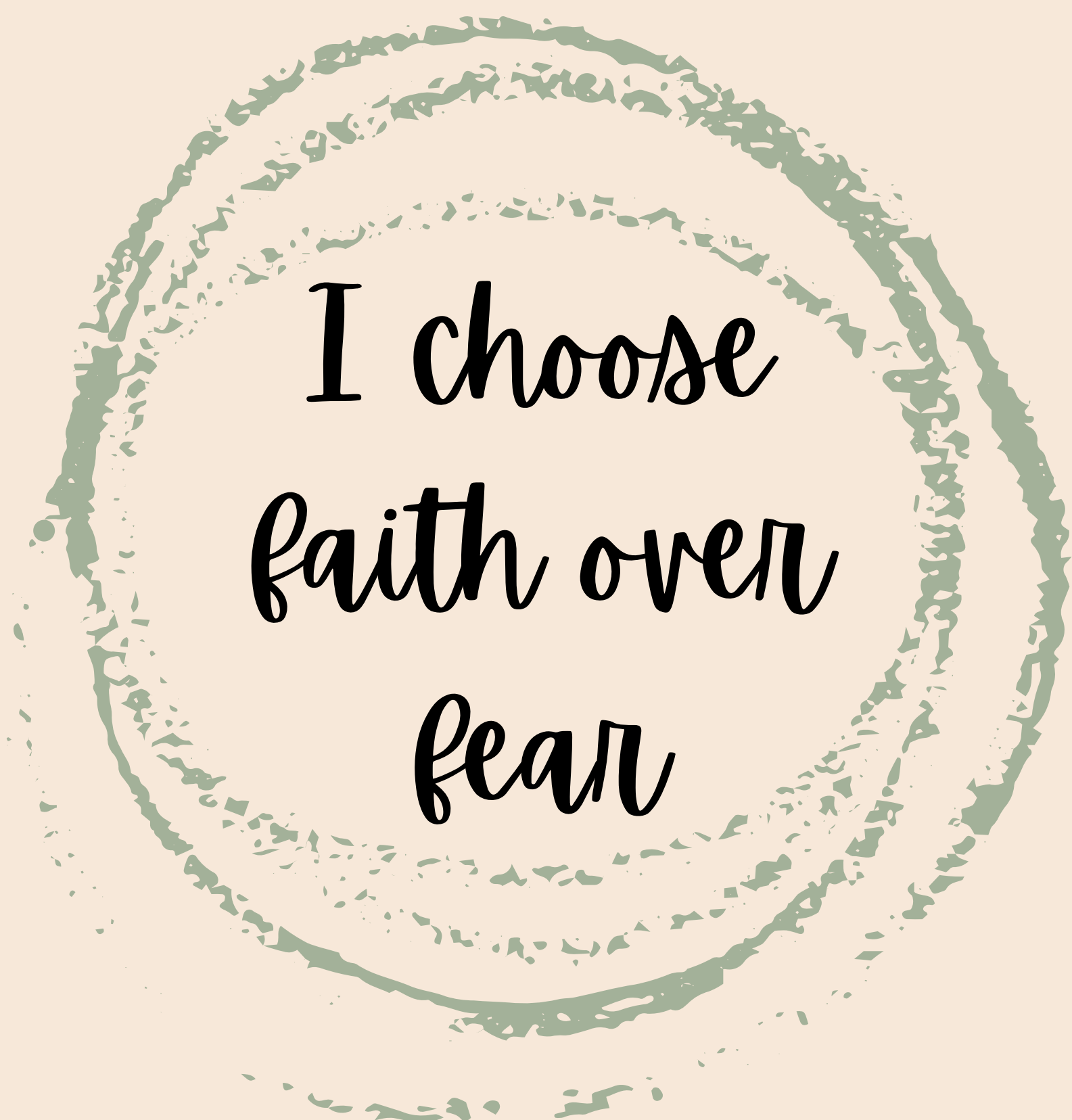
I strive for
PROGRESS, not
perfection



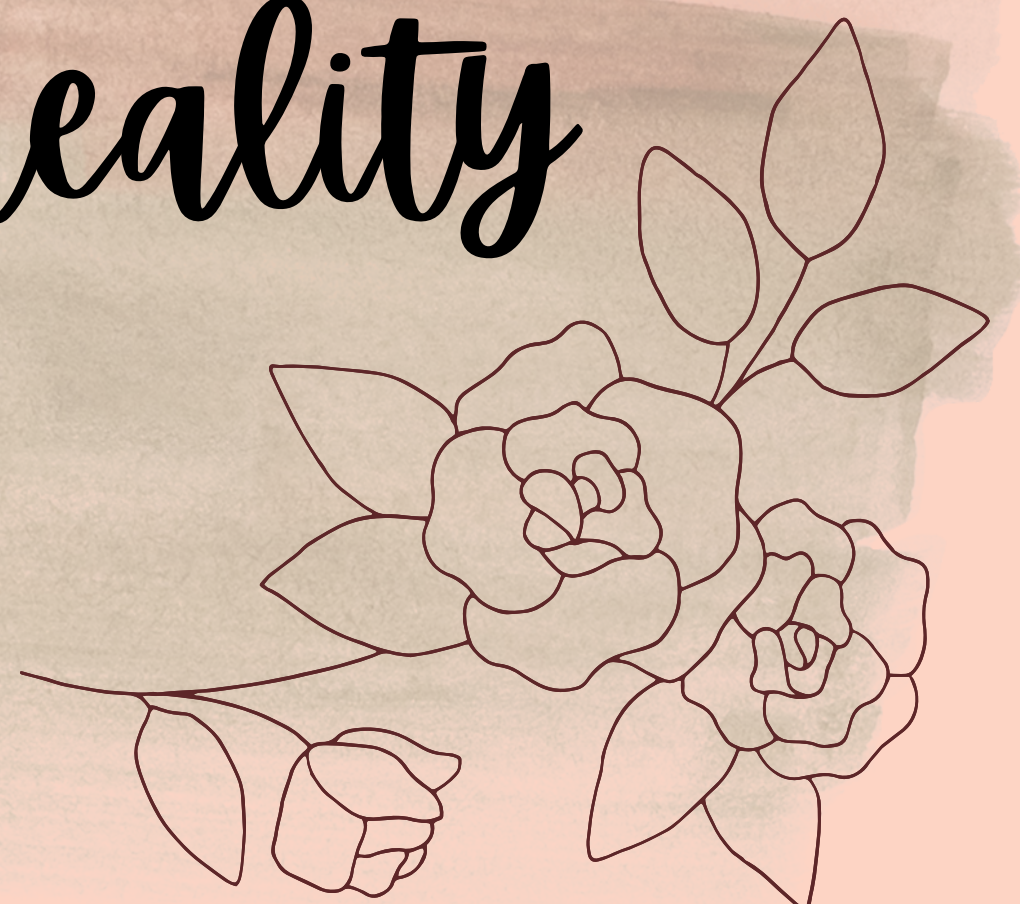
I will look
after myself



I choose
faith over
fear



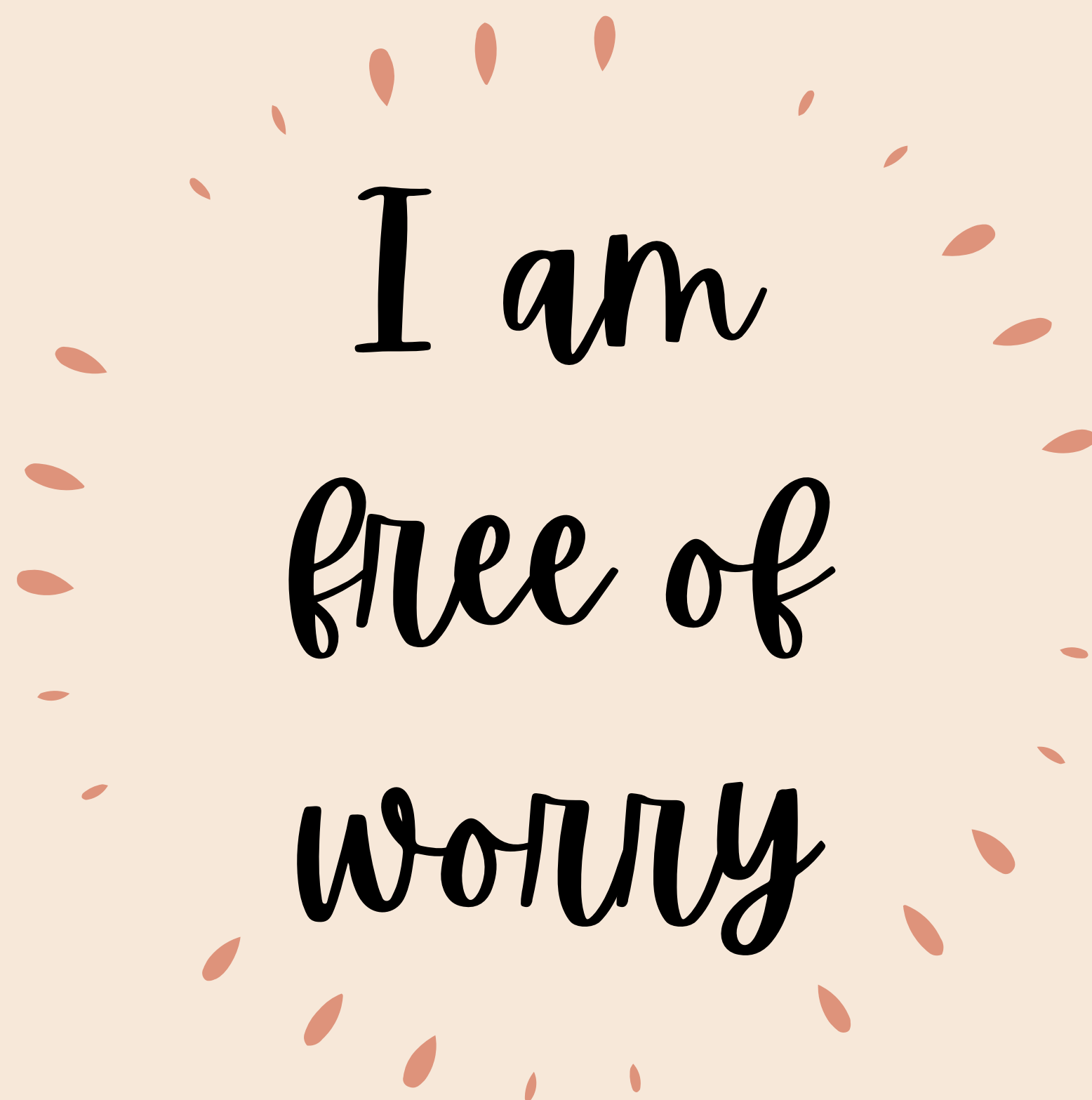
I will make my
dreams come to
reality



I am worthy
of my love,
and the love of
others



I am
free of
worry



I am not
less for
making
mistakes



I choose to
stop
apologizing
for being me






I am
courageous
and speak my
truth

The only
approval I
need is my
own

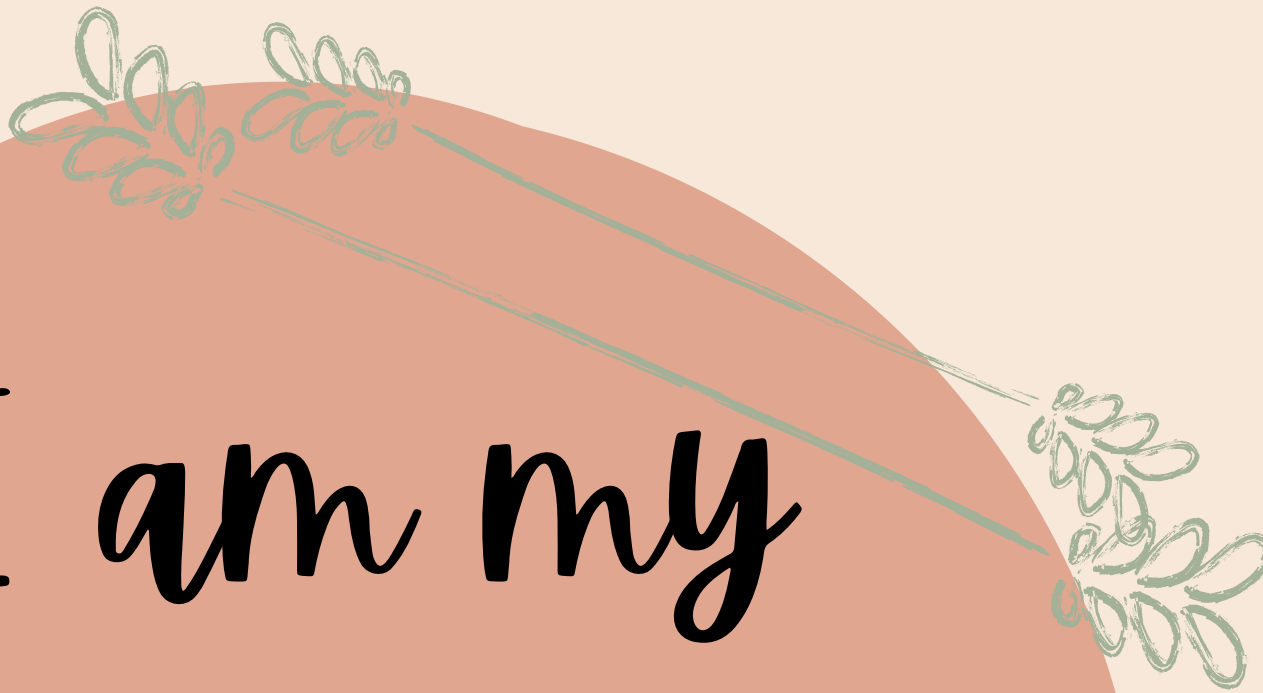
I deserve good
things to
happen in my
life

I love the
person I am
becoming






I seek
connection, not
validation



I am my
best source of
motivation

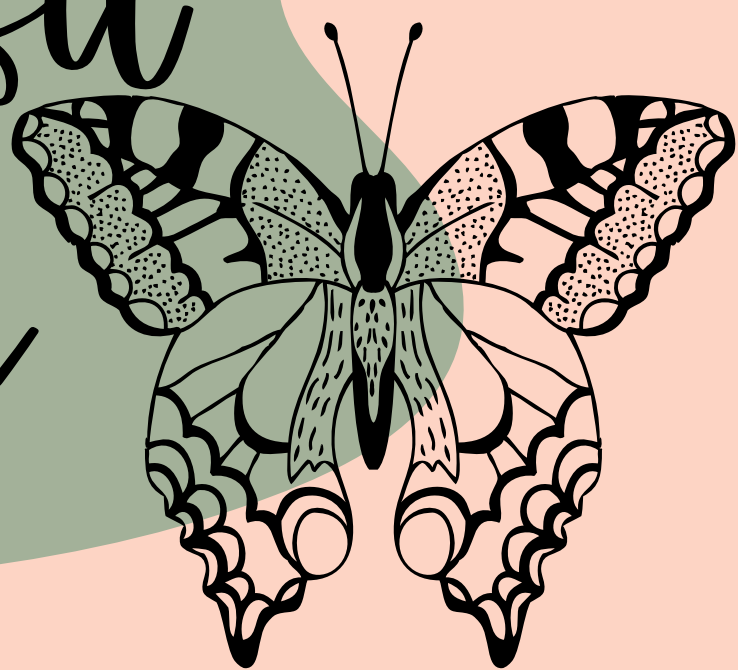


My potential
to succeed is
infinite



I release
negative self
talk and
thoughts

I can say "no"
to obligations
that do not
benefit
me



The happier I
am, the more
beautiful I
become




I deserve
people who
uplift
me




I am learning to
love myself more
and more each
and every
day




I will calmly
think of
solutions to
any problems
that may
arise



No amount of
attention
will be
enough unless
I validate
and love
myself

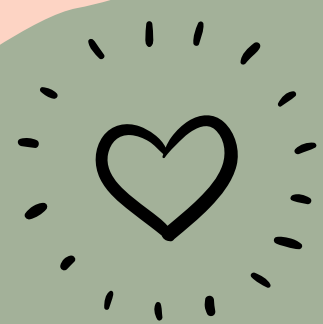
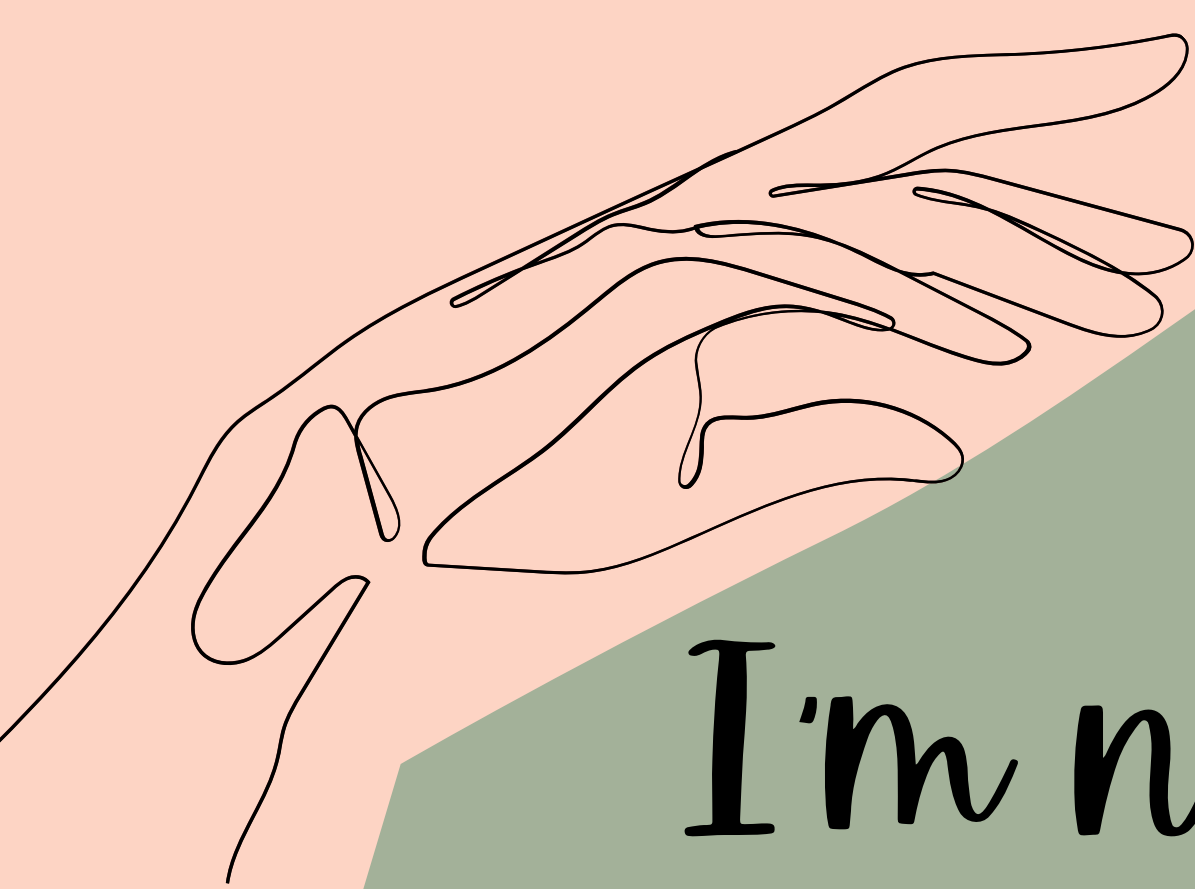


My thoughts
are filled
with positivity
and my life is
plentiful with
prosperity



I will not
worry
about
things that
are out of
my control





I'm not
selfish if I
put my needs
first

My ability to
conquer my
challenges is
limitless

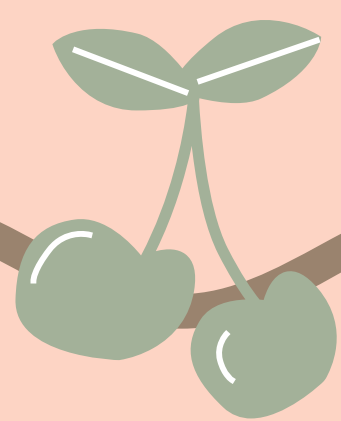


I choose to
be grateful
for all that
I have

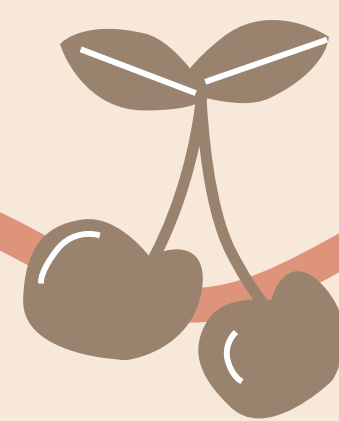
I honor, accept,
and support the
person I am
right now



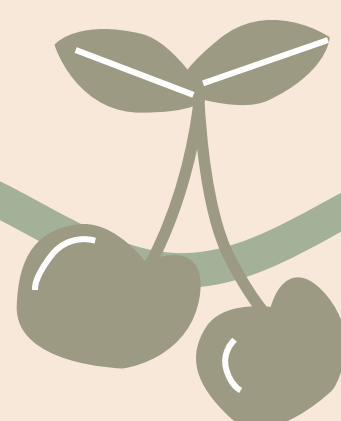
I allow
myself to be
happy no
matter what



I will never
stop fighting
for my
future



I nourish
my mind,
body, and soul



I believe in
myself and
my abilities

