

I ALLOW MYSELF
TO BE WHO I AM
WITHOUT
JUDGMENT.

I GIVE MYSELF
PERMISSION TO DO WHAT
IS RIGHT FOR ME

I GIVE MYSELF SPACE TO
grow & learn



I AM AT PEACE
WITH WHO I
AM AS A PERSON.

I trust myself to
make the right
decision.

*I accept my emotions
and let them serve
their purpose.*

I put my
energy into
things that
matter to me.

I AM LEARNING VALUABLE
LESSONS FROM MYSELF
EVERY DAY.

I MAKE A DIFFERENCE IN
THE WORLD BY SIMPLY
EXISTING IN IT.

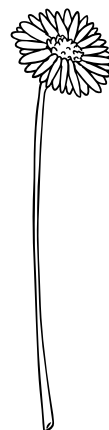
MY MIND IS FULL OF
brilliant ideas



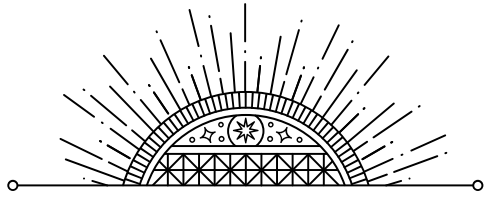
I share my talents with
the world each day.

I AM HEADED IN
THE RIGHT
DIRECTION.

*I listen to my
intuition and trust
my inner guide.*



I create a safe and
secure space for myself
wherever I am.



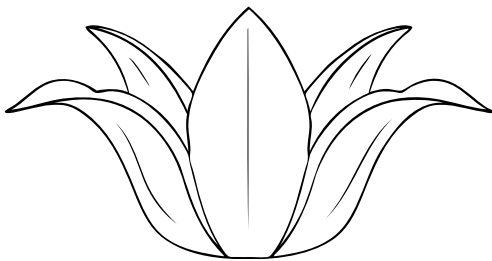
I HEAL FROM MY PAST AS I LIVE
IN THIS MOMENT.



I AM PROUD OF WHERE I'VE
BEEN AND WHERE I AM GOING

*I deserve
love & kindness*

**I am prepared for
all that life brings
my way.**

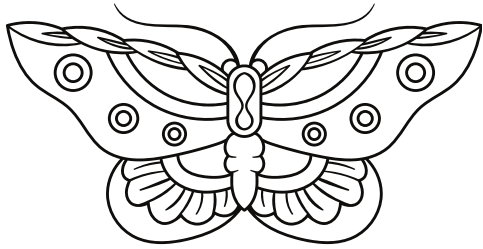


I have all that I need inside of
me right now.

**LIFE IS MY
PLAYGROUND!**

I am patient and loving
with myself as I heal.

*I give myself the care
and attention that I
deserve.*



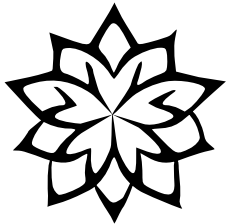
I am becoming a better version of myself each day.



I honor my commitment to take care of myself.

I belong in any space I walk into.

I speak my truth.



I am enough.

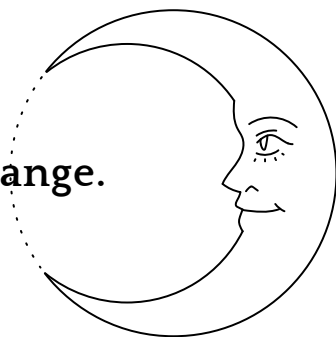
**I WORK HARD
AND I KNOW MY
WORTH.**

I don't have to wait until I feel "ready" to take action.

I am ready now.

By shining my light, I help others shine theirs.

I welcome change.



I am allowed to
acknowledge all that
makes me human.

I am stronger
than the
struggle.

**I am my
ancestors'
wildest dreams.**



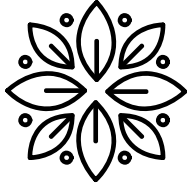
I am ready.



**I HONOR MY NEED
TO REST AND
RECHARGE.**

*I release my attachment to
everything that no longer
serves me.*

**I REFUSE TO ALLOW MYSELF TO BE
OVERCOMMITTED.**



I don't need the approval of others
because I approve of myself.

Fear flows through me
but it is not me.
I am bigger than fear.
I am beyond fear.

**I am meant
to do big
things.**



*I am beautiful and worthy of
every truly beautiful thing.*



*I forgive and
I am free.*

I do not fear the
unknown because I can
overcome any challenge
that comes my way.

I choose to be myself
and allow others to be
themselves.



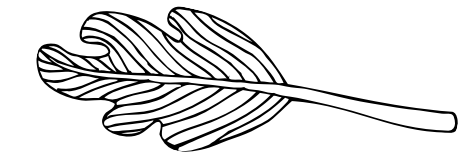
I release my desire to be perfect.



**I am committed to
continual growth.**

I am comfortable asking
for what I want because I
know I deserve it.

**I plant only
good seeds into
the world.**



All I have to do is
breathe and be.

I choose to set
healthy boundaries.



I am responsible for my
emotions and reactions.
I choose to be at peace.

**In place of doubt
I will have faith.**

*The most important
thing I can do is rest.*

