



I AM ENOUGH  
JUST AS  
I AM.



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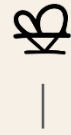
I CAN TRUST  
MYSELF TO MAKE  
THE BEST  
DECISIONS FOR  
ME.



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MY THOUGHTS  
AND FEELINGS ARE  
VALID.



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I AM RESILIENT  
AND WILL KEEP  
TRYING.



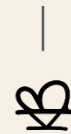
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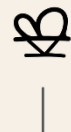
IT IS OK THAT  
THINGS ARE NOT  
ALWAYS PERFECT  
OR EASY.



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IT IS OK TO TAKE  
TIME FOR MYSELF  
AND PUT MY  
NEEDS FIRST.



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MY WORTH DOES  
NOT DEPEND ON  
OTHERS' OPINIONS  
OF ME.



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I AM STRONG IN  
THE FACE OF  
ADVERSITY.



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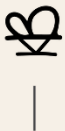
MY VOICE  
MATTERS AND I  
WILL SPEAK UP  
FOR WHAT IS  
RIGHT.



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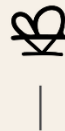
I WILL STAY TRUE  
TO MYSELF AND  
NOT OTHERS'  
EXPECTATIONS.



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I AM WORTHY OF  
LOVE AND RESPECT  
FROM OTHERS.



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I WILL HAVE  
COMPASSION FOR  
MYSELF AND  
ALWAYS CHOOSE  
SELF-LOVE.



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I AM UNIQUE AND  
THAT IS  
SOMETHING TO BE  
CELEBRATED.

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I AM ENOUGH AND  
DON'T NEED TO  
PROVE ANYTHING  
TO ANYONE.

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IT IS OK IF  
SOMETHING  
DOESN'T WORK  
OUT EXACTLY AS  
PLANNED.

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IT'S OK TO MAKE  
MISTAKES, IT'S  
HOW WE LEARN  
AND GROW.

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I WILL TAKE THE  
TIME TO LISTEN  
TO MY INTUITION  
AND USE IT AS A  
GUIDE.

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IT'S OK TO BE  
OPEN ABOUT  
EMOTIONS AND  
NOT BOTTLE THEM  
UP.

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I HAVE THE  
STRENGTH TO  
MAKE IT THROUGH  
ANY TOUGH TIMES.

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I WILL RECOGNIZE  
MY WORTH AND  
NOT LET ANYONE  
OR ANYTHING  
DIMINISH IT.

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IT'S OK TO ASK  
FOR HELP WHEN  
NEEDED AND  
ACCEPT IT  
GRACEFULLY.

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IT'S OK TO TAKE A  
BREAK AND  
REENERGIZE WHEN  
NEEDED.

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THERE IS NO ONE  
ELSE LIKE ME, SO I  
WILL EMBRACE MY  
UNIQUENESS.

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I WILL PRACTICE  
SELF-CARE DAILY  
AND NEVER FEEL  
GUILTY FOR DOING  
SO.

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I AM WORTHY OF  
LOVE AND I WILL  
NEVER FORGET  
THAT.



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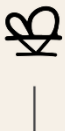
I WILL NOT BE  
DEFINED BY OTHER  
PEOPLE'S LABELS  
OR EXPECTATIONS.



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I AM ENOUGH,  
JUST AS I AM  
RIGHT NOW IN  
THIS MOMENT.



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I AM CAPABLE OF  
TRANSFORMING  
MY LIFE AND  
CREATING  
SOMETHING  
BEAUTIFUL.



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