

*I am
allowed to
struggle*

*I deserve
to take
up space*

*this too
shall
pass*

*be kind to
yourself*

*all my
emotions
are valid*

*it is okay
if all you
did today
was
breathe*

*I deserve to
be loved and
treated well*

*I am a good
person;
it is not
my fault*

*I am
enough*

*I have the
right to be
heard and
taken
seriously*

*it can be
safe to let
others
close*

*it's okay to
not know
what I
need*

*When you forgive,
you begin to heal.
When you let go,
you begin to grow.*

*tomorrow
is a new
day*

*I do not have
to prove myself
to anyone*

*I am
enough*

*It's okay
to feel my
feelings*

*you are
not alone*

*I am
safe*

*I don't need
permission
to exist*

*it's okay to have
a bad day, week
or month*

*healing is
not linear*

*I fall down
and bounce
back up
again*

breathe

*I am not
afraid to be
myself
It is safe to
be me*

*I will be
patient
and love
myself as
I heal*

*I am allowed
to struggle*

*I deserve to take
up space*

this too shall pass

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*all my emotions
are valid*

*it is okay if all you did
today was breathe*

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and treated well*

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it is not my fault*

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