

NEW MESSAGES

My past
doesn't define
me!

**I am loved
just
for being me!**

I am not
defined
by my
achievements!

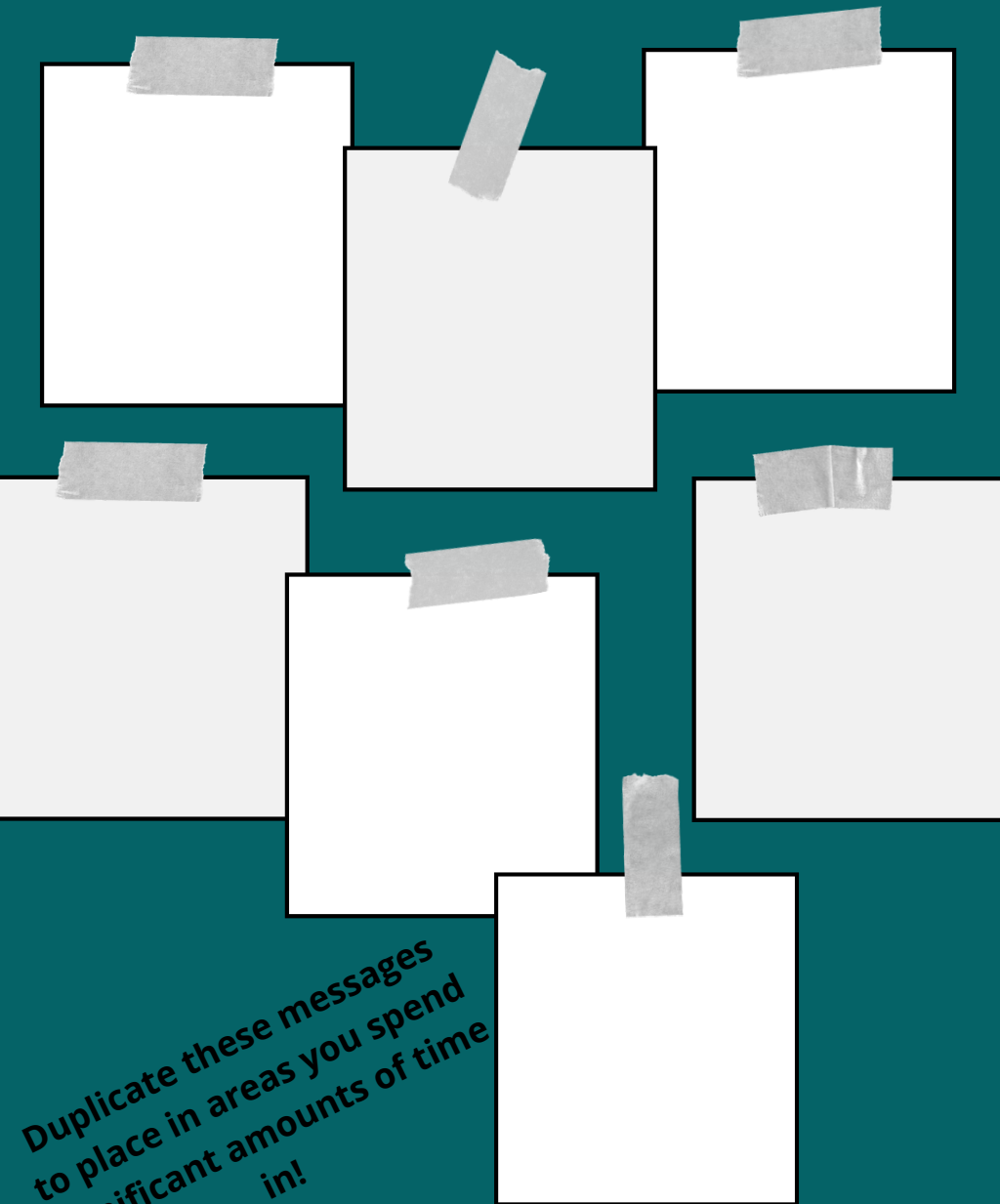
**All conflict
isn't
bad!**

Self Care
is not
selfish.

**I can love
without having
to be right!**

I can be
vulnerable
without the fear
of being betrayed

TIME TO CREATE YOUR NEW MESSAGES!



*Duplicate these messages
to place in areas you spend
significant amounts of time
in!*