

BE BRAVE

I CAN & I WILL watch me

YOU CAN, YOU SHOULD.

I AM MY OWN Best friend

I must love & care for myself because that's when the best comes out.



MAIN CHARACTER ENERGY

YOU GOT THIS, girl



yes you can!



SEIZE THE DAY

PERFECTLY IMPERFECT

EMBRACE your DIFFERENCES

STAY STRONG & POWER ON



I CAN I WILL

The best is yet to come

This too shall pass

BE KIND TO Yourself



A problem is a chance for you to do your best.

YOU GO GIRL



BE THE ENERGY YOU WANT TO ATTRACT

YOU ARE ENOUGH

BELIEVE IN YOURSELF

BE REAL not perfect

DON'T QUIT



Dream believe achieve

PERFECTLY imperfect.

WAKE UP BE AMAZING BE BRAVE BE YOU REPEAT

SHE BELIEVED SHE COULD SO SHE DID



MENTAL HEALTH MATTERS

DO WHAT MAKES YOU HAPPY



STRONGER THAN THE STORM

JUST TRUST THE PROCESS

IT'S OKAY TO NOT BE OKAY

BE REAL not perfect

believe in your magic

MAKE TODAY RIDICULOUSLY AMAZING

YOU ARE ENOUGH

I can be EVERYTHING

BELIEVE in yourself

DO MORE OF WHAT MAKES YOU HAPPY

BE REAL  
not perfect

Self  
love  
First

You  
Got  
This



focus  
on the  
good

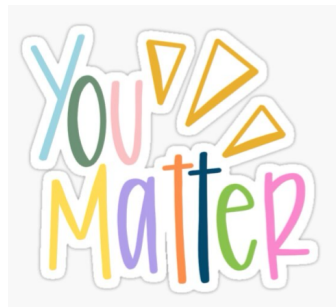
YOU CANNOT TRULY  
LOVE ANOTHER UNTIL  
you know how  
to love  
yourself.

good things are coming  
good things are coming  
good things are coming  
good things are coming

You are enough.



never forget how  
wildly capable  
you are



DAILY REMINDER

You're amazing.  
You can do anything.

Remember.

Save for later.

be kind



I  
CAN  
DO  
HARD  
THINGS