

DO SOMETHING
NICE FOR
YOURSELF

THE UNIVERSE
BELIEVES IN
YOU!

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YOU CAN
DO THE
THING!

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THIS IS
YOUR SIGN

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YOU DESERVE
ALL THE
GOOD THINGS

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YOUR HEART
IS YOUR
SUPER POWER

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YOU ARE
SO WORTHY OF
A BEAUTIFUL
LIFE.

YOU'VE
TOTALLY GOT
THIS.

DON'T
FORGET TO
SMILE

YOU ARE
BRAVER
THAN YOU
THINK.

HAVE A
LOVELY
DAY!

IT'S
GOING TO
BE OKAY.

WHAT'S ONE
THING YOU NEED
RIGHT NOW?

HOW CAN
YOU BE NICER
TO YOURSELF?

WHERE ARE
YOU FEELING
DEPRIVED?

WHAT DO YOU
NEED TO LET
GO OF?

HOW CAN YOU
ASK FOR
MORE SUPPORT?

WHEN CAN YOU
MAKE SOME
TIME FOR
YOURSELF?

YOU
ARE
MAGIC

YOU
ARE
RADiANT

YOU
ARE
POWERFUL

YOU
MATTER

YOU
ARE WORTH
iT

YOU
ARE
iNSPiRiNG

Everything
will be
okay

Open your
heart

You are
wanted

Breathe.
Relax.
Repeat.

You are
Divine

You are
so loved

You
got this

You
are a
Badass