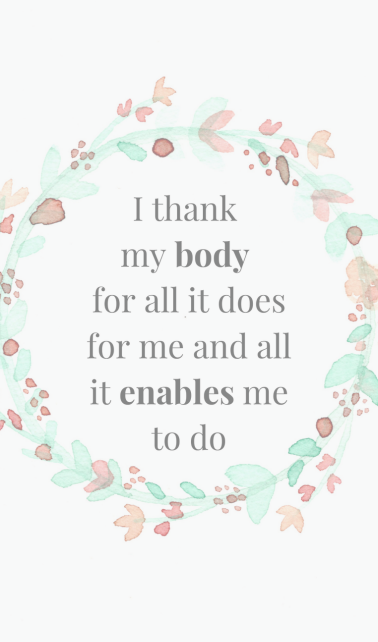





my thoughts

* CREATE *

my reality



I thank
my **body**
for all it does
for me and all
it **enables** me
to do



I BELIEVE
i am worthy
OF FEELING
≡ Good ≡



where

—MY—

attention

GOES

—MY—

ENERGY

flows






I invite
gratitude
into my
heart



I REMIND
MYSELF TO


take a
MOMENT
— and —
breathe



TODAY IS A
brand new day
I LET GO OF
yesterday
AND
create today



Thank you
for the
blessings
this day will
bring

The image features a light teal background with watercolor-style illustrations of brown and tan leaves in the corners. The text is centered and reads: "I AM PERFECT" in a simple, uppercase, sans-serif font. Below it, "whole" is written in a large, elegant cursive script. This is followed by "—and—" in a smaller, simple font. Then, "complete" is written in the same large cursive script as "whole". Below "complete", the words "JUST THE WAY" are written in a simple, uppercase, sans-serif font, with a horizontal line underneath. Finally, "I am." is written in a large, simple, lowercase, sans-serif font, with a horizontal line underneath. The overall aesthetic is clean and modern with a touch of natural texture from the leaves.

I AM PERFECT
whole
—and—
complete
JUST THE WAY
I am.



GOOD RIDDANCE

to decisions that don't

SUPPORT

♥ self-care, self-value
and self-worth ♥♥