

things to let go of:



toxic relationship

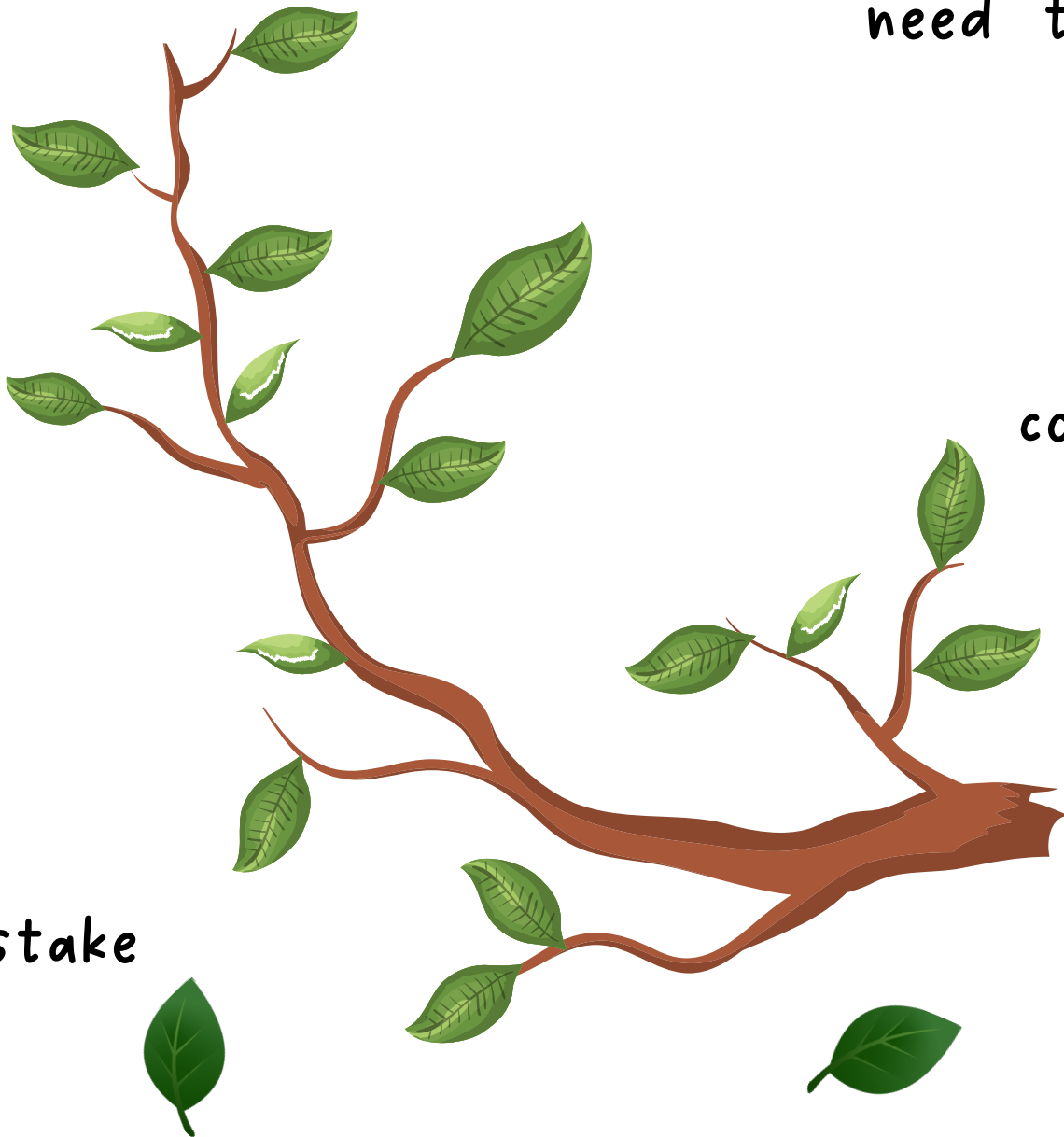
fear



chasing perfection



need to please



comparison



past mistake

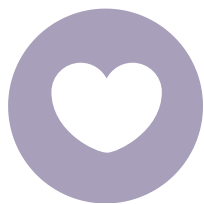


self doubt



things you have
no control

daily affirmation



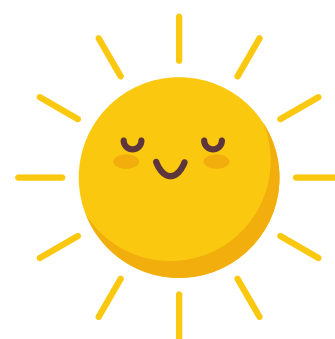
i am loved



I am talented and
intelligent



my voice &
opinion MATTER



i am radiant



I speak with strong
confidence



I am successful in what
ever I do



i will consciously
create my future

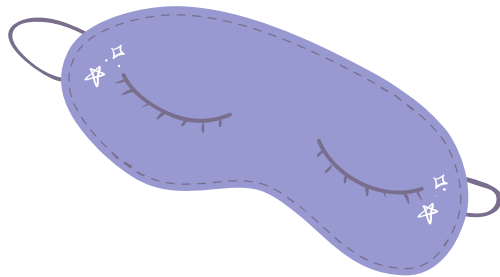


I deserve to ask
for my needs

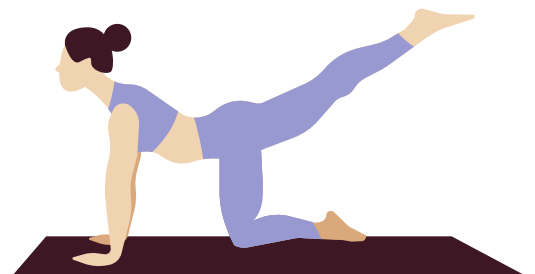
Healthy Habits



hydrate



quality sleep



exercise



daily walk



morning sun



reading



deep breathing

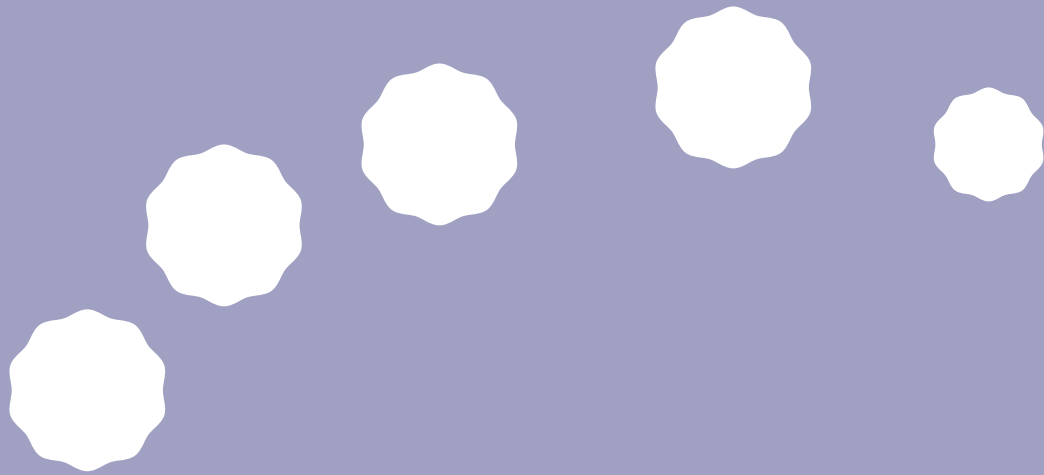


journaling



limited screen time

self care is



SAYING NO

ASKING FOR WHAT
YOU NEED



SETTING
BOUNDARIES



RELAX

you got this

