

I believe in you. Give it time.

You are so loved. You are so needed.

You are good enough. Your story matters.

Don't compare your beginning to someone else's middle.

Be kind to yourself. Be gentle with yourself.

I understand. I get you. You matter.

Your feelings are valid.

Yes life can be painful, it's ok to be sad.

Your light is big.

Shine your light.

It's ok to say no. It's ok to say yes.

You are surrounded by love.

You are strong, you are brave.

It's ok to feel scared and not strong.

You are worthy. Your soul shines bright.

You are made of sunshine and stardust.

You are capable of great things.

You are adored and cherished.

Remember to breathe, you're doing great.

Take time out for just you.

It's important to look after yourself.

The world is a better place because you are in it.

Bloom when you're ready. Shine when you're ready.

You've got this, I'm cheering for you.

Embrace your unique self.

You are healing. You are whole.

You are loved just as you are.