

I AM BEAUTIFUL JUST AS I AM.  I AM DOING

I FORGIVE YOU. I AM SORRY. I LOVE YOU. *The Best I Can*

I AM TAKING CARE OF MYSELF *Right Now* AND THAT
and that's what matters. I am enough as I am. IS ENOUGH.

I CHOOSE TO RELEASE JUDGMENT AND EMBRACE SELF-LOVE!
I am learning. And that is okay.

I ONLY GO AS FAST AS THE SLOWEST PARTS OF ME GO.
I forgive myself for all the ways I Show Up *in the world*
in which I've been hard on myself. *in my own unique way. I am enough.*

I AM LEARNING TO

LOVE MYSELF FIRST

I WILL BE GENTLE WITH MYSELF
I CHOOSE TO BE AS PATIENT WITH MYSELF AS I WOULD WITH A CHILD LEARNING TO WALK

I AM GOOD I CHOOSE TO BE KIND, GENTLE, I'M DOING
ENOUGH & PATIENT with MYSELF BETTER EVERY DAY.
FOR ME, I CHOOSE SELF-COMPASSION I AM GOOD
JUST THE WAY I AM. I CHOOSE SELF-LOVE ENOUGH
FOR ME, JUST THE WAY I AM.

★ I AM I ACCEPT WHERE I AM IN THIS MOMENT
AND I LOVE MYSELF UNCONDITIONALLY.
ENOUGH. I WILL NEVER HAVE
I AM ALL THE ANSWERS, FORGIVE YOURSELF, *Everyone*
EXACTLY AND THAT IS OKAY. I CAN JUST *makes mistakes*
WHERE I AM MEANT TO BE. YOU DID THE BEST YOU COULD AT THE TIME, REALLY. START AGAIN

WHAT I HAVE DONE IS AMAZING. I AM AMAZING!
I HAVE OPENING MYSELF TO RECEIVE LOVE
ALREADY TAKEN *and be love is enough.*
GREAT STRIDES. I AM GOOD ENOUGH FOR ME. JUST THE WAY I AM. *Amazing Impact*
ON SO MANY LIVES

WHERE I AM IS JUST FINE. I AM LEARNING, AND I'VE COME A LONG WAY!
I AM LEARNING, AND I'VE COME A LONG WAY!
I AM LEARNING, AND I'VE COME A LONG WAY!

