TODAY

I am enough as I am.

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TODAY

Today, I take one small step.

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I can do hard things.

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My feelings are valid.

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I am learning and growing.

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I choose calm.

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I deserve rest.

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I am proud of my effort.

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I can start again at any moment.

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My voice matters.

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I am worthy of love.

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I trust myself.

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One thing at a time.

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I am grateful for today.

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I can feel nervous and still be brave.

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I give myself grace.

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Progress, not perfect.

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I am safe in this moment.

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TODAY

I bring something good to the world.

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I am allowed to say no.

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I make space for joy.

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I am becoming who I want to be.

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My best is enough today.

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I treat myself like a friend.

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Small steps add up.

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I let go of what I cannot control.

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I am open to good things.

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I have handled hard days before.

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I am kind to my body.

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This moment is a fresh start.

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