



I can begin again
—right now.



I am enough,
exactly as I am.



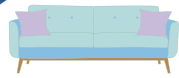
I am not alone in this



I can ask for help
when I need it.



I am not a burden.



I give myself
permission to be
where I am.



I honor the
progress no one
else can see.



I release perfection
and welcome
presence.



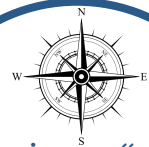
My needs
are valid.



I can choose peace
over pressure.



My worth is not
up for debate.



There is no “right”
way to heal—
only my way.



I honor the pace
my body asks for.



I am safe to
soften today.



I am allowed to take
up space—even on
the hard days.



I’m allowed to
change my mind.



There is beauty in
this moment.



Progress doesn’t
always look like
movement.



I choose rest
without guilt.



Even now,
I am growing.





I am doing the
best I can with
what I have.



I am more than
my to-do list.



I am learning
to listen to
what I need.



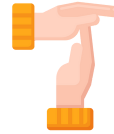
I deserve
comfort.



Healing doesn't
have to be perfect
to be real.



I am worthy of
care—even
from myself.



It's okay
to pause.



Even slow days
have value.



I am allowed
to rest.



My value is not
measured by
productivity.



My healing
matters.



I trust that clarity
will return in time.



I trust my body
and mind to
guide me gently.



Today, I will offer
myself compassion



I celebrate every
small win.



I release the need
to push through.



Small steps are
still progress.



I can do
hard things—slowly
and with kindness.



I don't have to
do this alone.



Gentle is strong.

