

**MY VALUE
IS NOT
BASED ON MY
PRODUCTIVITY**

**I CAN DO
EVERYTHING
THAT I SET
MY MIND TO**

**MY WORTH
IS NOT
DETERMINED
BY EXTERNAL
VALIDATION**

**I AM
WORTHY OF
GOOD THINGS**

**I AM
STRONGER
THAN MY
FEARS**

**I AM IN
CONTROL OF
MY FUTURE**

**I ACCEPT
AND HONOR
WHERE I AM**

**I BELONG
HERE, AND I
DESERVE TO
TAKE UP
SPACE**

**I AM IN
CHARGE OF
HOW I FEEL
AND I CHOOSE
TO FEEL
HAPPY**

**I RELEASE
THE FEARS
THAT DO NOT
SERVE ME**

**LETTING GO
CREATES SPACE
FOR NEW
OPPORTUNITIES
TO COME**

**I AM WORTHY
OF INVESTING
IN MYSELF**