

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