

NOTE TO SELF

- Your feelings are valid
- You are allowed to enforce your boundaries
- You do not need anyone else's approval
- You are capable of amazing things
- You are enough

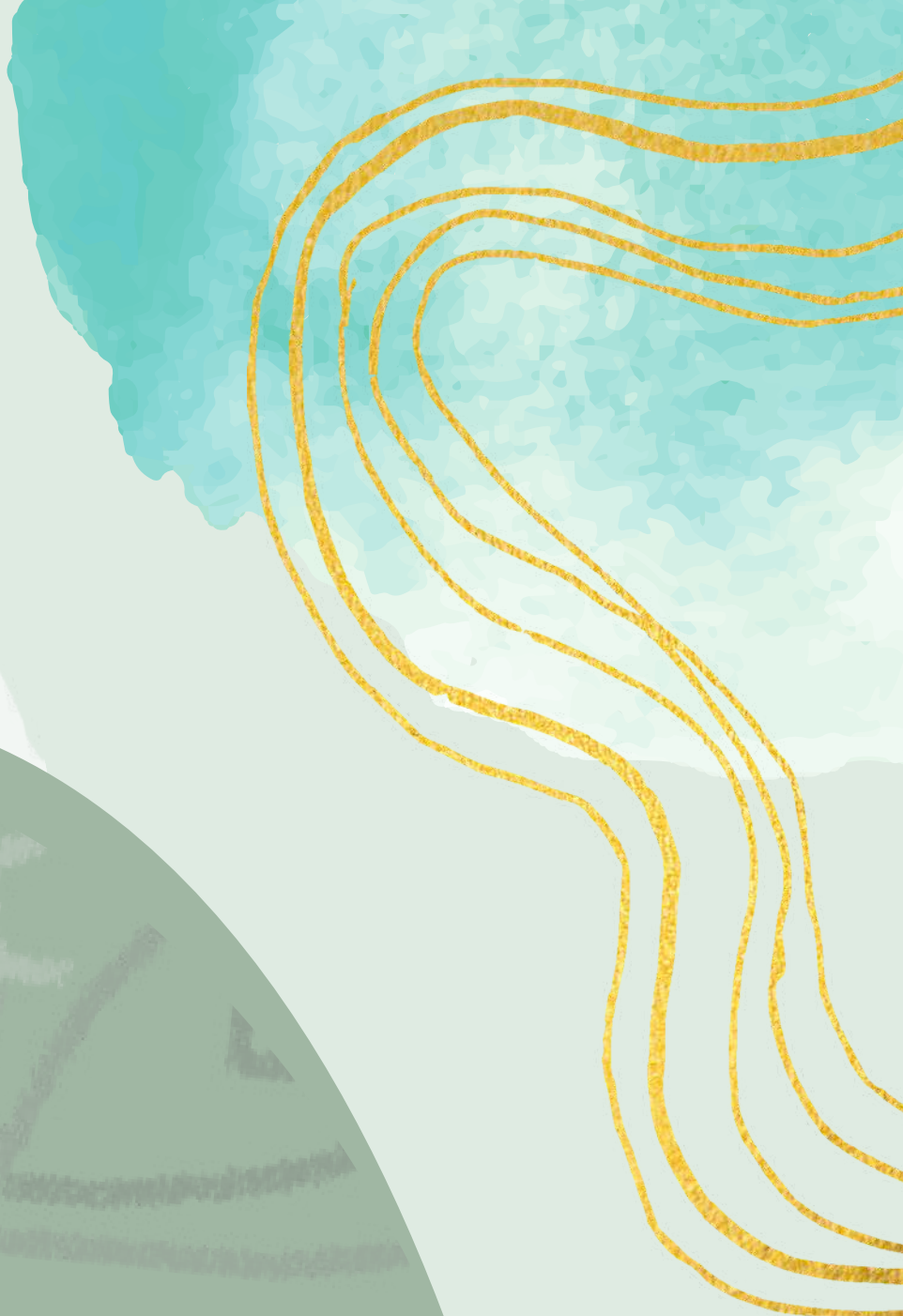




Reminder

KNOW YOUR WORTH

Okay!



Be The love you never
RECEIVED

