

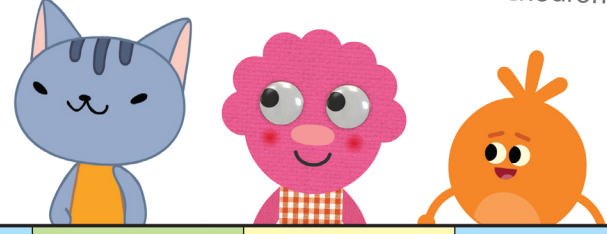


# Affirmations

Tear off a tab that you most need today.

"BE KINDER TO YOURSELF AND THEN  
LET YOUR KINDNESS FLOOD INTO THE WORLD."

-Pema Chodron



I MATTER

I CHOOSE COURAGE IN SPITE OF FEAR

I KNOW MY WORTH, I AM PRICELESS

MY STRENGTH IS MORE THAN MY STRUGGLES

I AM BRAVE AND BOLD

IT IS ENOUGH TO DO MY BEST

I AM NOT THE MISTAKES I HAVE MADE

I AM BEAUTIFUL INSIDE AND OUT

I CHOOSE TO RISE ABOVE

I AM LOVED