



Be bold.
You have so much
to give!



True confidence
comes from within



My
words
matter



Yesterday
does not
define me

What I do
today will make
tomorrow brighter



Challenges
make me
stronger



I belong



My story
is the best



story I'll
ever write



I can
handle
my emotions

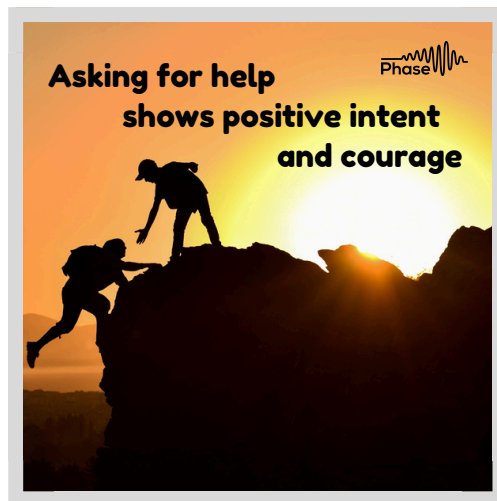
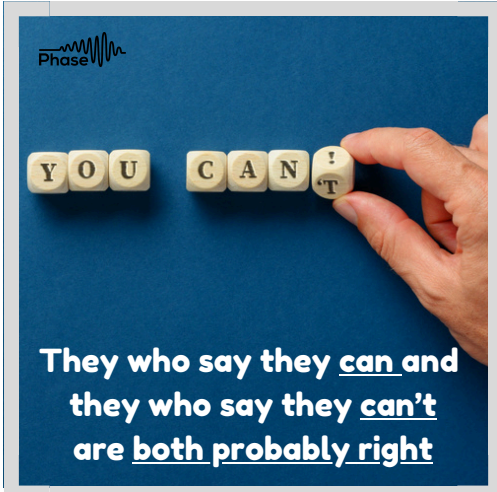


Magic happens
outside my
comfort zone



I will
bounce back



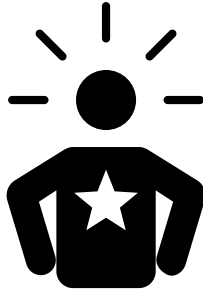


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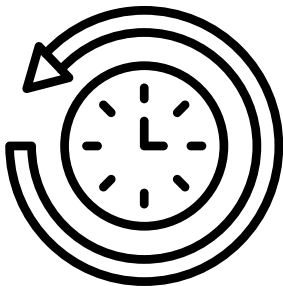
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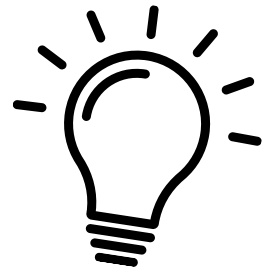
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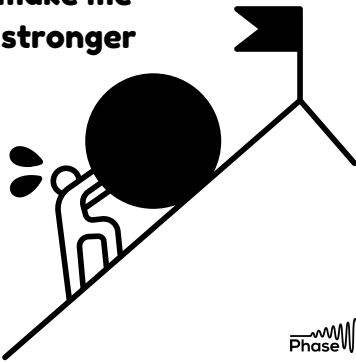


I learn

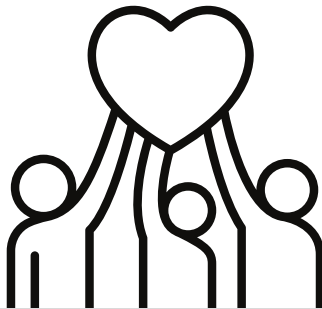


from my mistakes

Challenges
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I belong

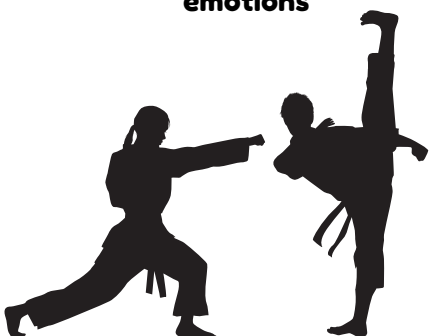


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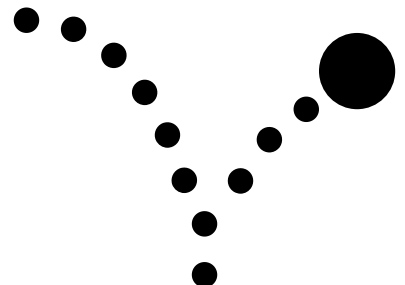
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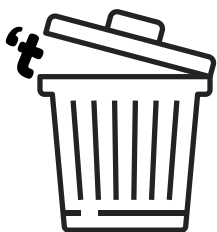
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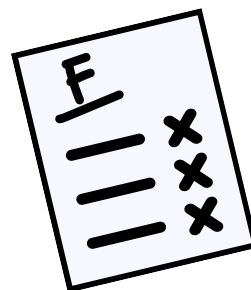


I can

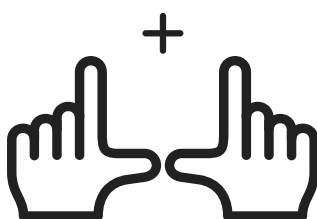


**They who say they can and
they who say they can't
are both probably right**

**Emotions are: normal,
helpful and important.
Even difficult ones!**

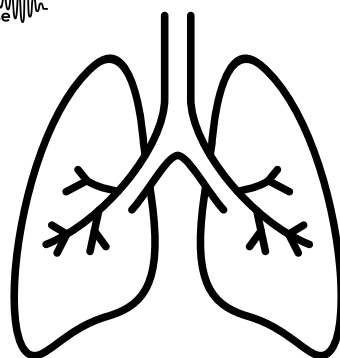
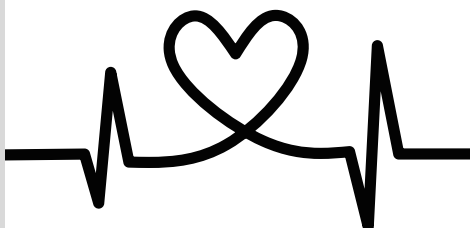


**If at first you
don't succeed,
you're normal**

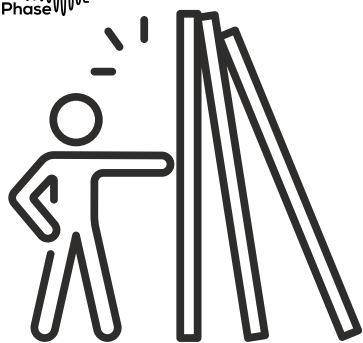


**Focus on what
you can control**

**I am worthy
of love**



Don't forget to breathe



I am resilient



**Growth
doesn't
happen
overnight**

**Asking for help
shows positive intent
and courage**



Encourage others



**I deserve to
feel joy**

