

I AM DOING THE  
WORK THAT  
WORKS FOR ME  
I AM ENOUGH



I AM GOOD AND GETTING BETTER

I WILL ALLOW MYSELF TO EVOLVE



I AM  
GIVING  
MY  
BEST  
EFFORT  
AND MY  
BEST IS  
ENOUGH

TODAY IS A NEW CHANCE  
TO GROW AND LEARN

I CAN DO IT  
I WELCOME  
WHAT IS, I  
WELCOME

WHAT COMES

I ALONE HOLD THE TRUTH OF WHO I AM

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

I BELONG  
HERE AND  
I DESERVE  
TO TAKE

UP SPACE

I DO NOT PRETEND TO BE  
ANYONE OR ANYTHING  
OTHER THAN MYSELF

I AM OPTIMISTIC  
BECAUSE TODAY  
IS A NEW DAY

TOGETHER WE CAN *build a better future!*



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