

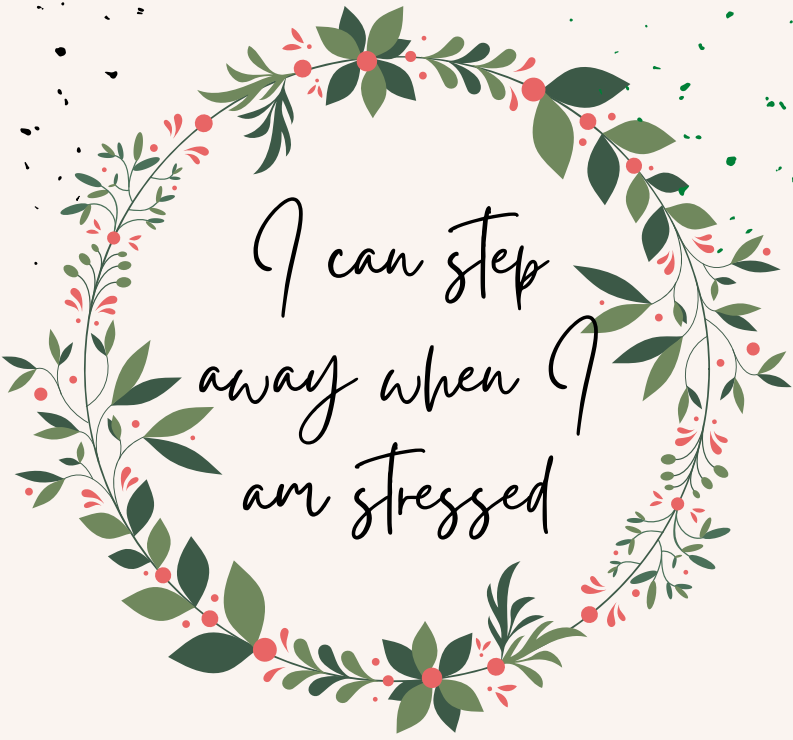


I am
enough




I will find
joy in
Today




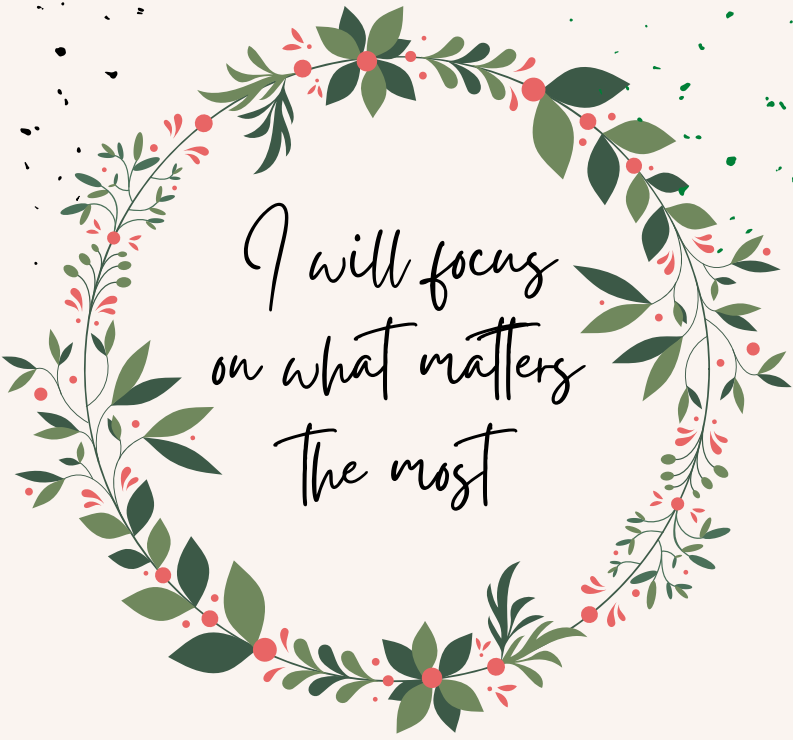


I can step
away when I
am stressed




I do not need
to control the
actions of
others






I will focus
on what matters
the most



I will set
healthy
boundaries




I will take
care of my
needs and
wants




I will create
happy
memories





Today I am
blessed and
loved



I am calm
and at peace
Today

