YOU ARE ENOUGH

EMBRACE THE CHAOS

INHALE COURAGE EXHALE FEAR

LIFE IS TOUGH BUT SO ARE YOU

DREAM BIG

DO THE THINGS THAT BRING PEACE

PERHAPS IT IS OUR IMPERFECTIONS THAT MAKE US PERFECT FOR ONE ANOTHER
JANE AUSTEN

YOU ARE MY SUNSHINE

BE STILL

DO SMALL THINGS WITH GREAT LOVE
MOTHER TERESA

WE ARE ALL JUST WALKING EACH OTHER HOME.
RAM DASS

PAY ATTENTION. BE ASTONISHED. TELL ABOUT IT.
MARY OLIVER

YOU ARE BEAUTIFUL

BE KIND TO YOURSELF

BE YOU.

DO THE THING YOU THINK YOU CANNOT DO.
ELEANOR ROOSEVELT

BREATHE.

WE CAN DO HARD THINGS.

SEE GOOD IN ALL THINGS.

YOU ARE LOVED.

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