

**You're doing your best and that is enough.**

**You are worthy of love and nothing will ever  
change that.**

**It is okay to not be okay, to have bad days,  
and to be sad.**

**Take a breath and give yourself some space.**

**You are enough. You will always be enough.**

**What boundaries do you want to set with others and what is stopping you from setting them?**

**What is something from your past that you  
hold on to but want to let go?**

**Why are you still holding onto it?**

**Are you happy?**



**What do you love about your life?**

**What do you want to change about your life?**

**Everyone has a purpose, even if we are still  
trying to find it.**

**Do things for yourself, not for others.**

**You get better every single day.**

**The past is in the past and the future hasn't  
come yet.**

**You should be proud of yourself for everything  
you've done and gotten past.**

**What makes you laugh?**



**What makes you smile?**

**How well do you handle your emotions?**

**What could you do to manage them better?**

**What are the bad habits you want to fix?**

**You're doing your best and that is enough.**

**You are beautiful.**

**You are smart, kind, and loved.**

**You can love yourself for your flaws and your strengths.**

**You are the main character of your own life  
and nothing will change that.**



**Be unique if it means being yourself.  
It is your life. Live how you want.**