

THE MORE YOU
PRAISE AND
CELEBRATE
YOUR LIFE,
THE MORE
THERE IS IN LIFE
TO CELEBRATE.

HOW YOU
love
yourself
IS HOW
YOU TEACH
OTHERS TO
LOVE YOU.

Be the
love you
never
received

START HEALING
YOUR HEART
AND YOU WILL
LOOK
Beautiful

you
are
enough.

Seek to
be whole,
not perfect.

Peace

COMES FROM

within.

DO NOT SEEK

IT WITHOUT.

Be patient.

EVERYTHING
COMES TO YOU
AT THE RIGHT
MOMENT.

If you are
always trying
to be normal,
you will
never know
how amazing
you can be.

BREATHE
DARLING,
THIS IS JUST
A CHAPTER.
IT'S NOT
YOUR WHOLE
STORY.

Flowers grow
back even
after the
harshes
winters,
you will too.

Quiet

THE MIND
AND
THE SOUL
WILL
SPEAK.

RESPECT IS
ONE OF THE
GREATEST
EXPRESSIONS
OF LOVE.

KEEP
WATERING
YOURSELF.
YOU'RE
growing.