

I'M DOING AN  
AMAZING JOB

I AM CAPABLE  
OF ANYTHING

I DESERVE GOOD THINGS

I'M STRONG

TAKING A BREAK  
IS NOT JUST OK...  
IT IS ESSENTIAL

IT'S OKAY TO  
ASK FOR HELP

I AM RESILIENT

I AM WHERE I  
NEED TO BE

I CAN DO ANYTHING,  
NOT EVERYTHING

