

Positive Self-Talk



my feelings matter



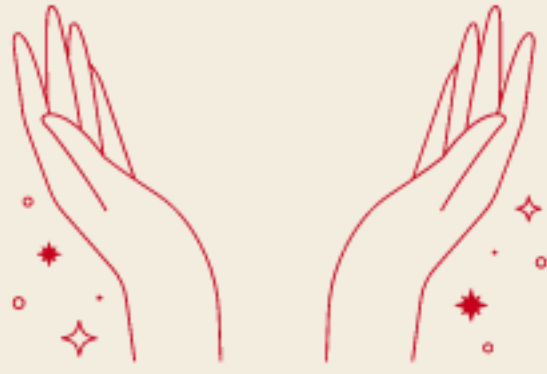
I am not a burden



Every day is a fresh start



I am growing at my own pace



I don't have to be perfect to matter



I am valuable



I deserve rest

