my affirmation



I MATTER.

I AM LOVED.

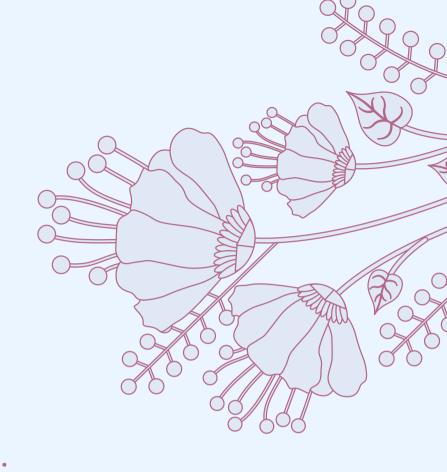
INHALE, EXHALE.

PROGRESS, NOT PERFECTION.

I AM AT PEACE WITH WHERE I AM.

THERE IS MORE IN STORE FOR

MAM OPEN AND RECEPTIVE TO ALL GOOD.



I AM STRONG, I AM BEAUTIFUL, I AM

ENOSUTERN, TO MY BODY AND GIVE IT WHAT IT NEEDS.

JUST BECAUSE I THINK IT DOESN'T MEAN IT'S TRUE.

I DON'T HAVE TO LIKE EVERYTHING ABOUT MYSELF TO LOVE MYSELF.