

my affirmation



A large, empty rectangular frame with a dark red border, intended for writing an affirmation. The frame is positioned on the right side of the page, with its top-left corner slightly offset from the top-left corner of the page.

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

ENOUGH 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.

