

Simple Reminders for *Hard* Days

A bad day does **NOT** equal a bad life

It's just a page
in your book

Nothing stays the same

Life *guarantees* this

Focus on the things you **CAN** control

Let go
of the
rest!

Feelings are not **facts!**

But they *ARE* valid & allowed!

Not all thoughts are true

Phew

Your worth isn't contingent on your circumstances

You are **LOVEABLE** and **ENOUGH**, always!

You can't be **everything** to *everyone!*

BUT YOU CAN
BE TRUE TO
YOURSELF!

You are **NOT** alone

It's ok to
ask for
help!