

DAILY REMINDERS

I LET GO OF
WHAT I CANNOT
CONTROL.

I TAKE THINGS ONE
STEP AT A TIME.

I FOCUS ON
PROGRESS, NOT
PERFECTION.

I AM DOING
THE BEST I CAN.

MY NEEDS
MATTER.

I DO NOT
HAVE TO BE
PERFECT.

I PROTECT
MY TIME AND
ENERGY.

I KEEP
MOVING
FORWARD.

I DO NOT HAVE TO DO
EVERYTHING AT ONCE.

I AM
ALLOWED
TO REST.

I TRUST
MYSELF TO
MAKE
DECISIONS.

I TREAT
MYSELF
WITH
KINDNESS.

I DESERVE
RESPECT.

HARD DAYS
WILL PASS.

I AM
ALLOWED
TO SAY NO.

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