

# You've got this!



Take a reminder.



You are capable.

You are doing better  
than you think.

You have done hard  
things before.

You are allowed to  
take your time.

You are enough, just  
as you are.

You can handle today.

You are making  
progress.

You are stronger  
than you feel.

You are worthy of  
good things.

You've got this.

# SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

**1** [WWW.SOCIALWORKERSTOOLBOX.COM](http://WWW.SOCIALWORKERSTOOLBOX.COM)



**2** [WWW.ANXIETYHELPBOX.COM](http://WWW.ANXIETYHELPBOX.COM)



**3** [WWW.FEELINGSHELPBOX.COM](http://WWW.FEELINGSHELPBOX.COM)



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