



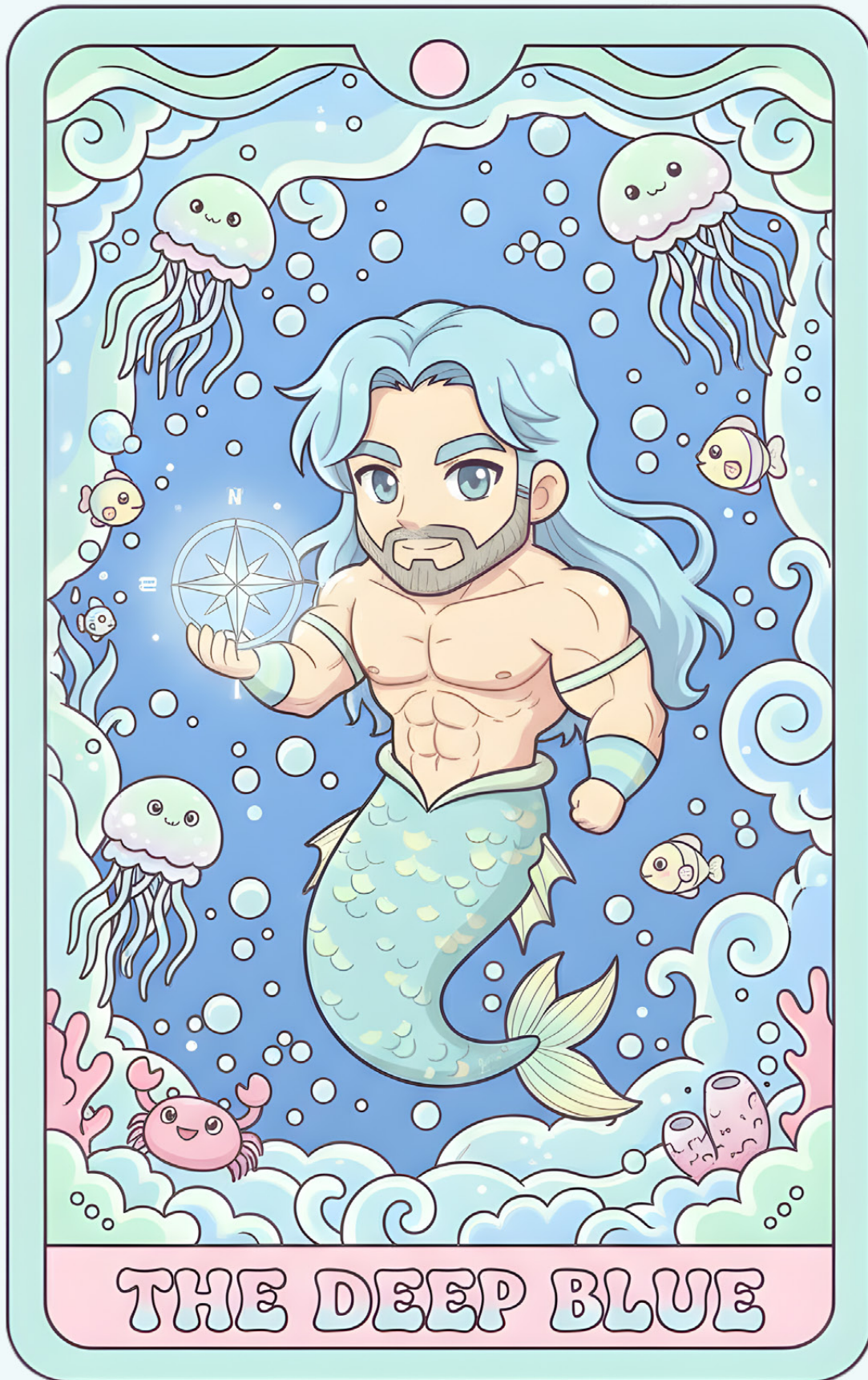
THE POWER DECK



MY BODY IS A VESSEL OF HEALING. I HONOR IT WITH REST,
MOVEMENT, AND RESPECT.



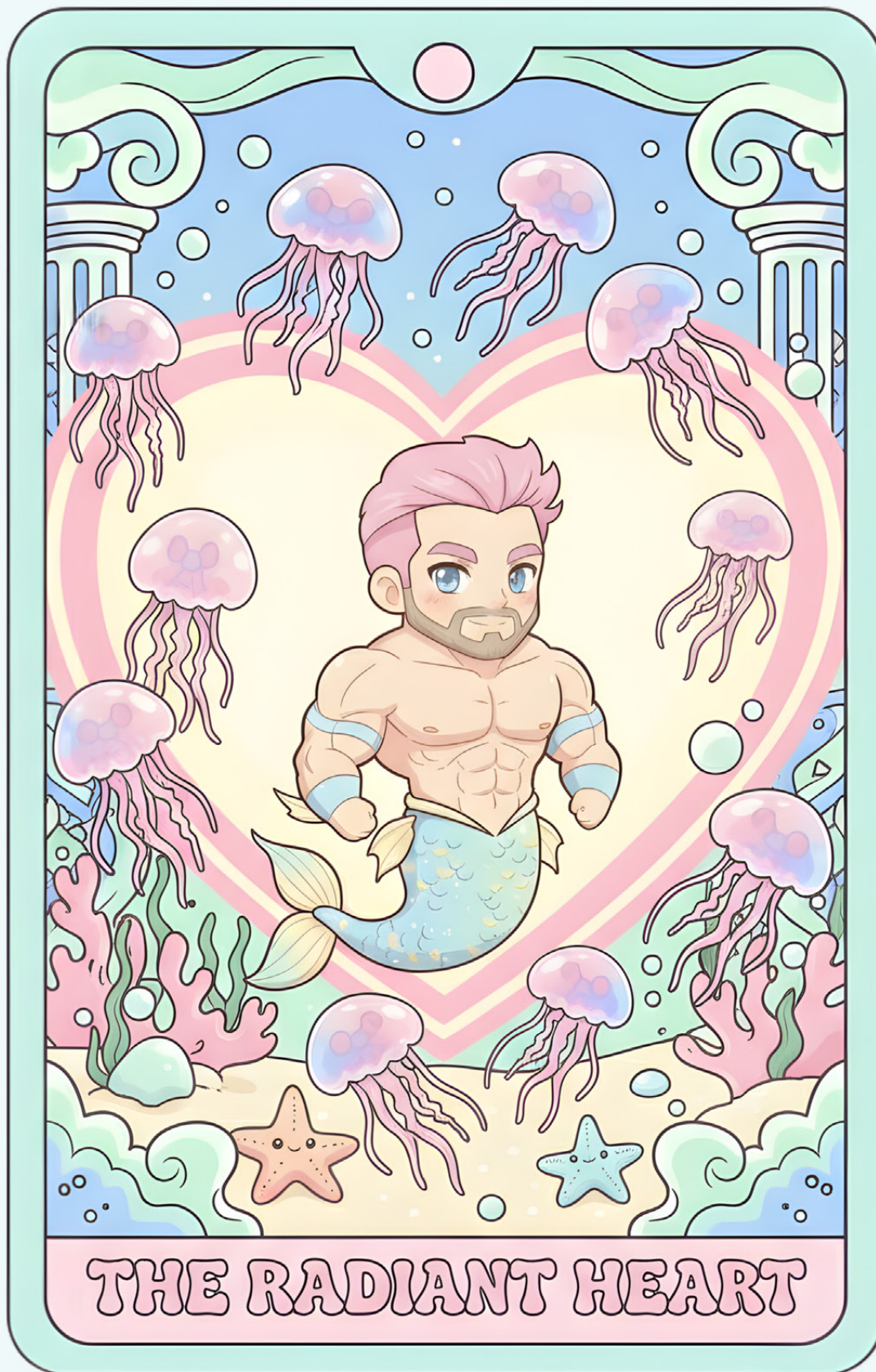
*I AM A PROTECTOR OF MY OWN BOUNDARIES.
IT IS SAFE FOR ME TO SAY NO AND PROTECT MY ENERGY.*



*I AM ALLOWED TO FEEL AS DEEP AS THE OCEAN.
MY EMOTIONS ARE MY NAVIGATION SYSTEM, NOT MY WEAKNESS.*



LIKE A LIGHTHOUSE, I STAND FIRM. I DO NOT LET THE OPINIONS
OF OTHERS DIM MY INNER GLOW.



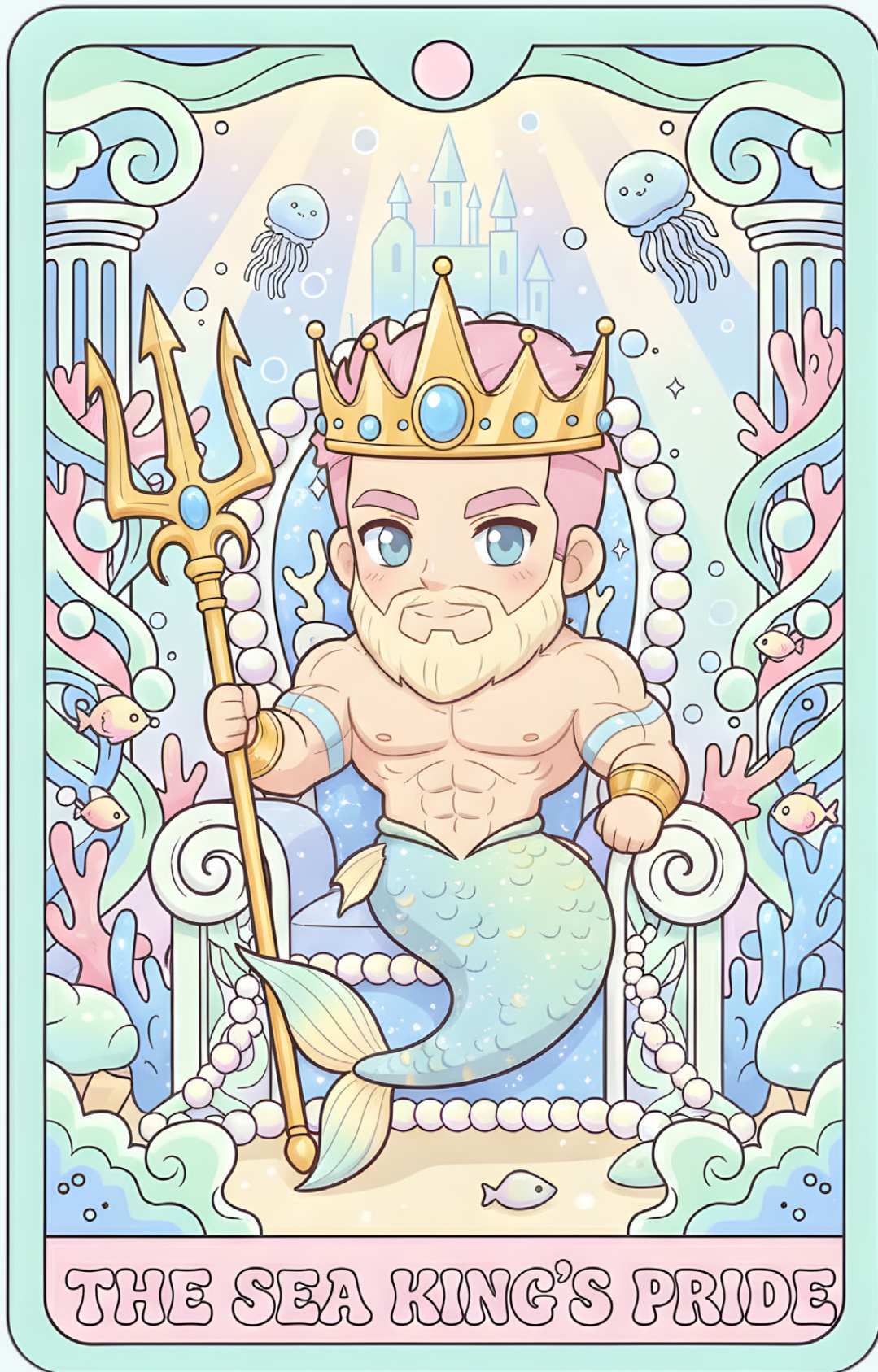
*MY LIGHT SHINES BRIGHTEST WHEN
I AM TRUE TO MYSELF.*



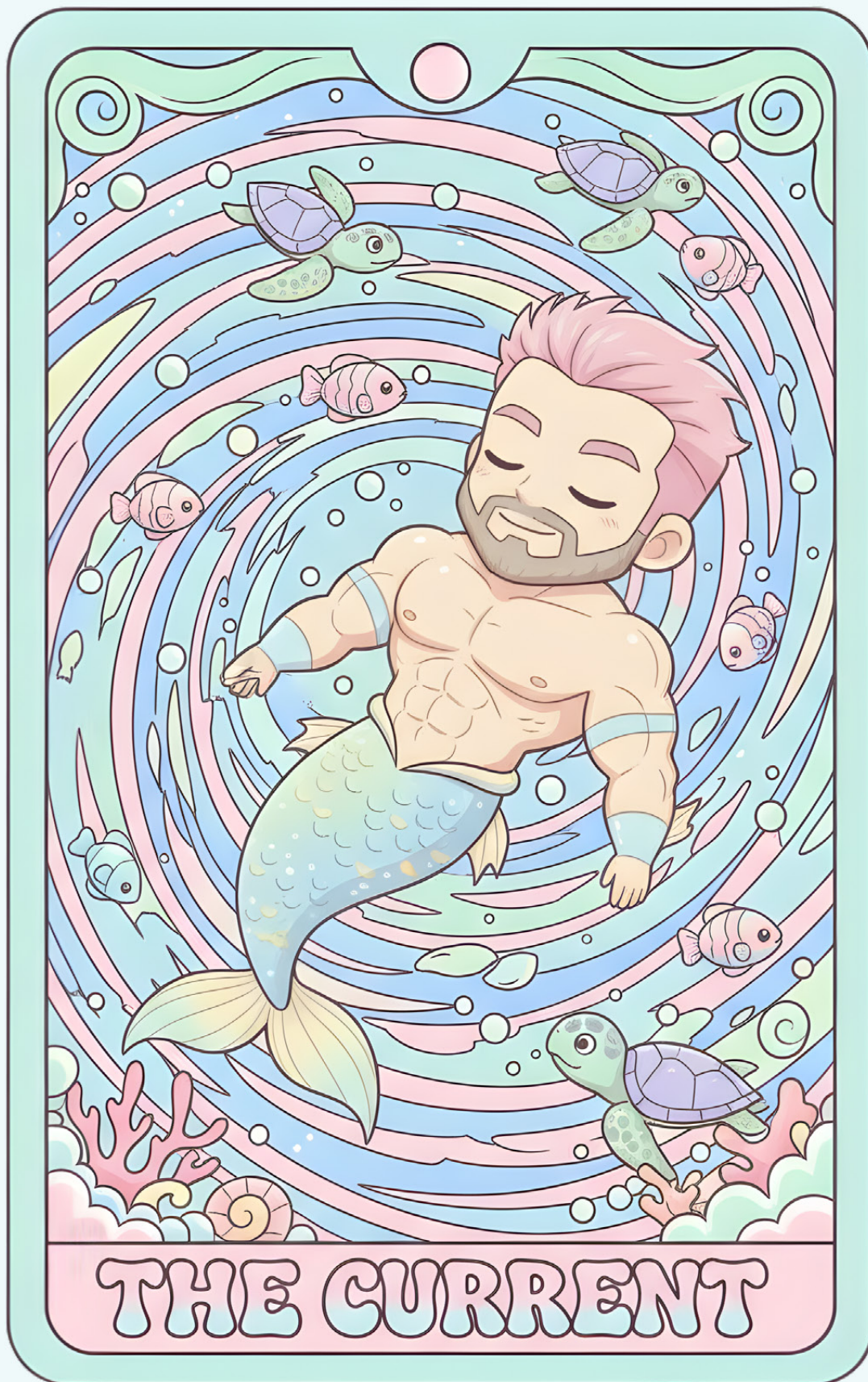
CONFUSION FADES AS I TRUST THE CLARITY
OF MY OWN HEART.



*I AM GROUNDED. NO MATTER HOW HIGH THE WAVES GET,
MY INNER PEACE IS MY HEAVY ANCHOR.*

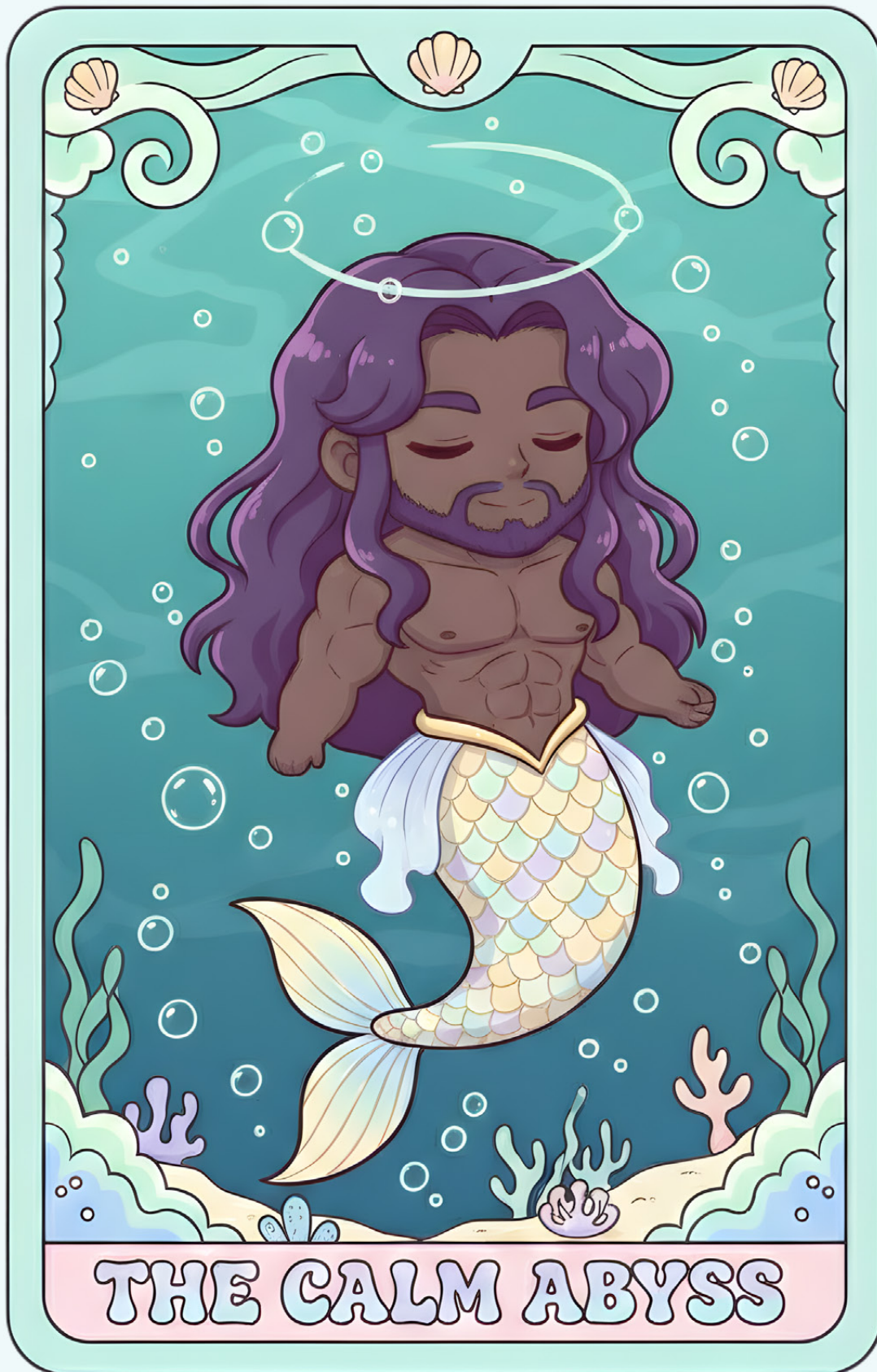


*I RULE MY DESTINY WITH WISDOM,
LOVE, AND PRIDE.*



THE CURRENT

*I DON'T HAVE TO FIGHT EVERY WAVE. SOMETIMES,
THE BRAVEST THING I CAN DO IS FLOW WITH THE CURRENT.*

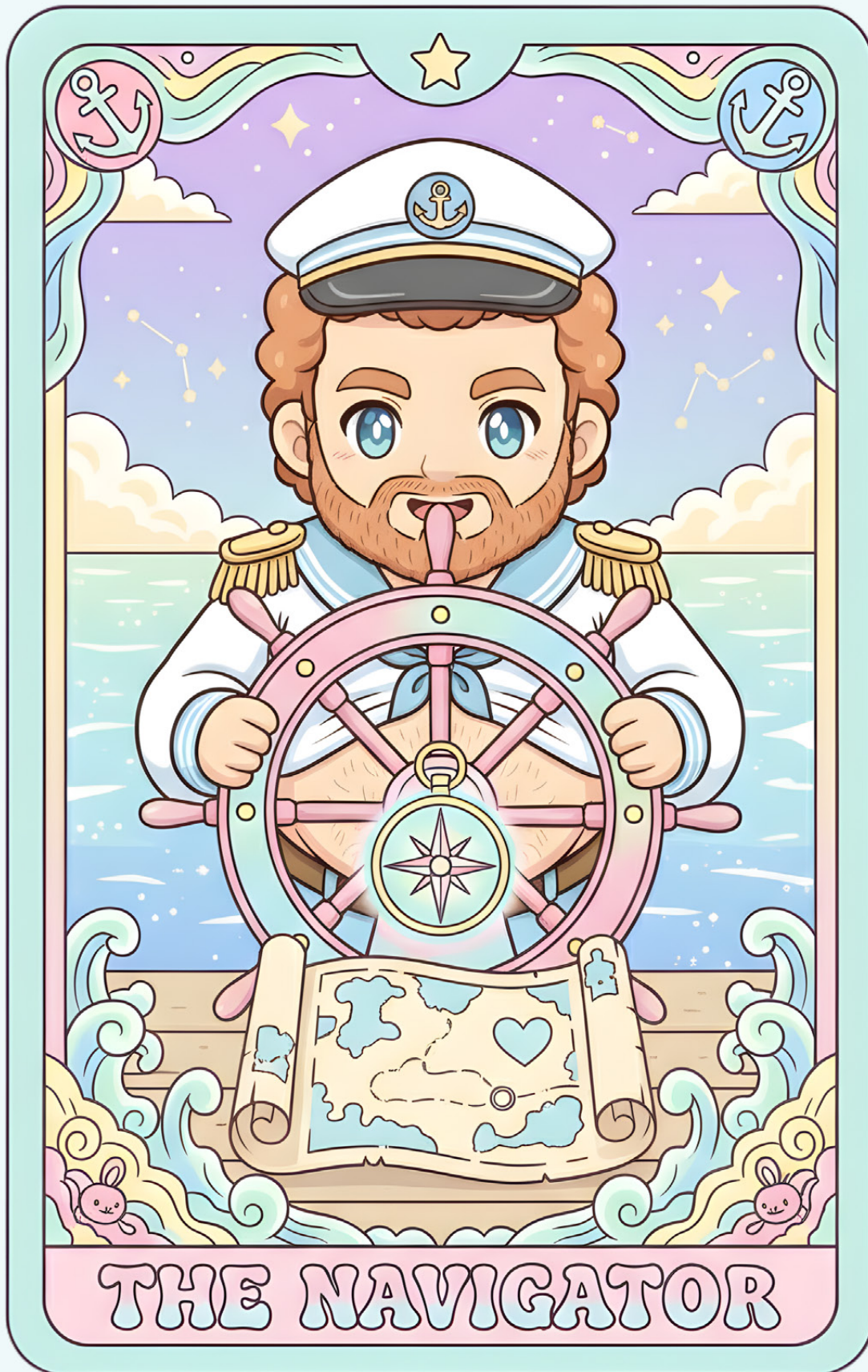


PEACE IS MY POWER; I AM CALM
AMIDST THE STORM.

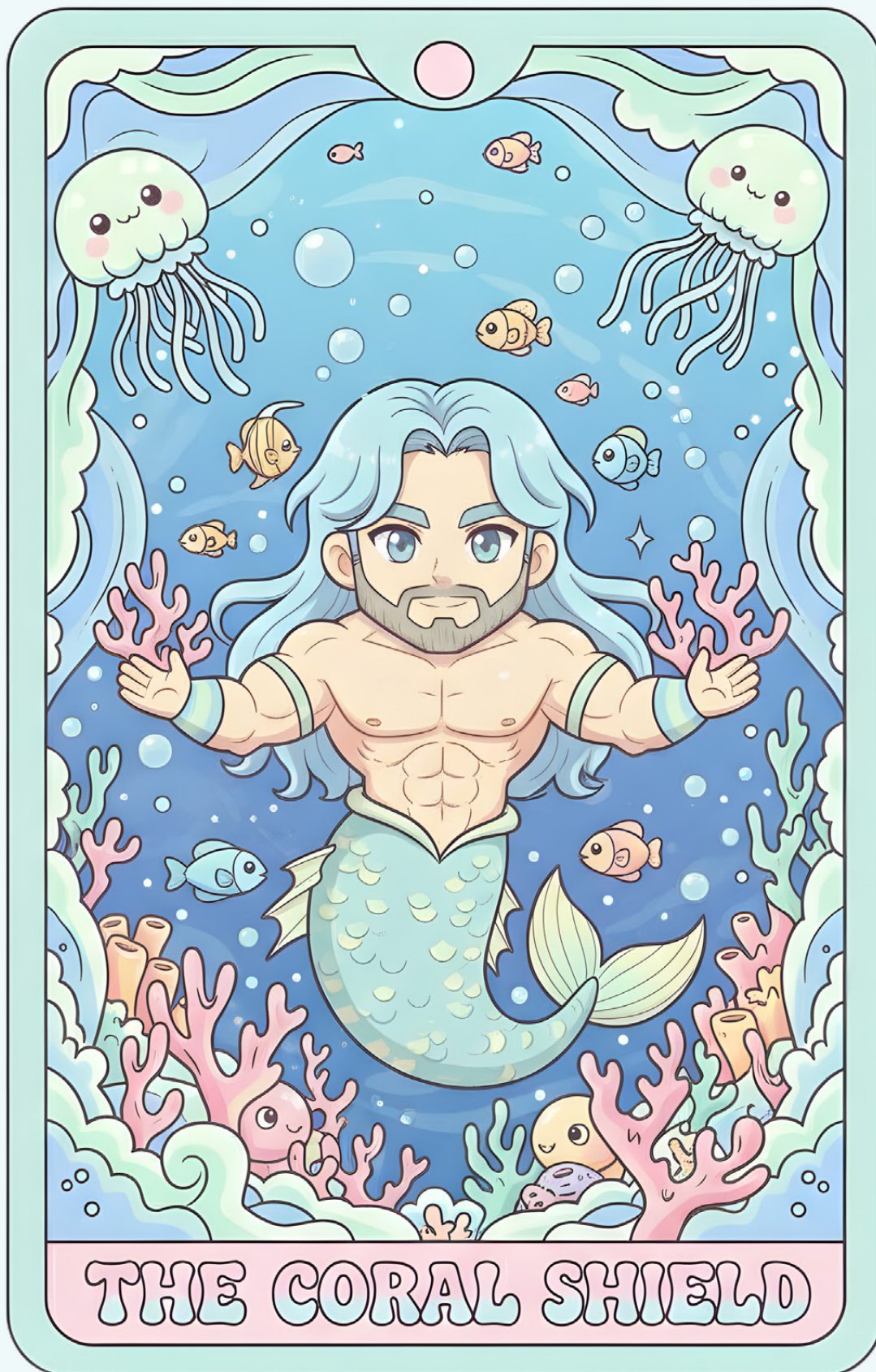


THE BOUNDLESS FLOW

*I FLOW WITH LIFE, EMBRACING THE LOVE
THAT COMES MY WAY.*



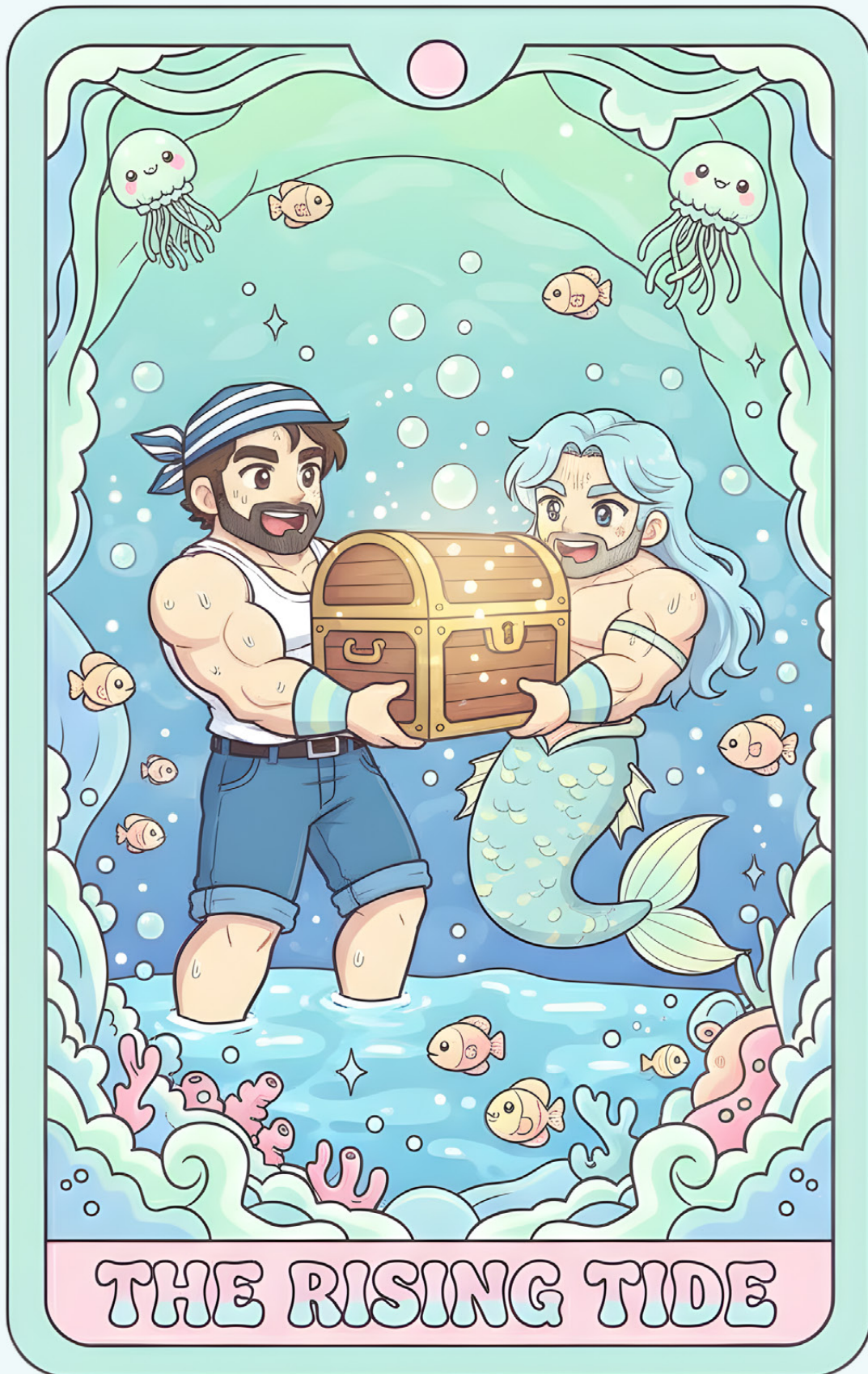
*I AM THE CAPTAIN OF MY OWN DESTINY.
I CHOOSE LOVE OVER FEAR IN EVERY PORT I VISIT.*



MY STRENGTH IS A SHIELD FOR
THE BEAUTY WITHIN ME.



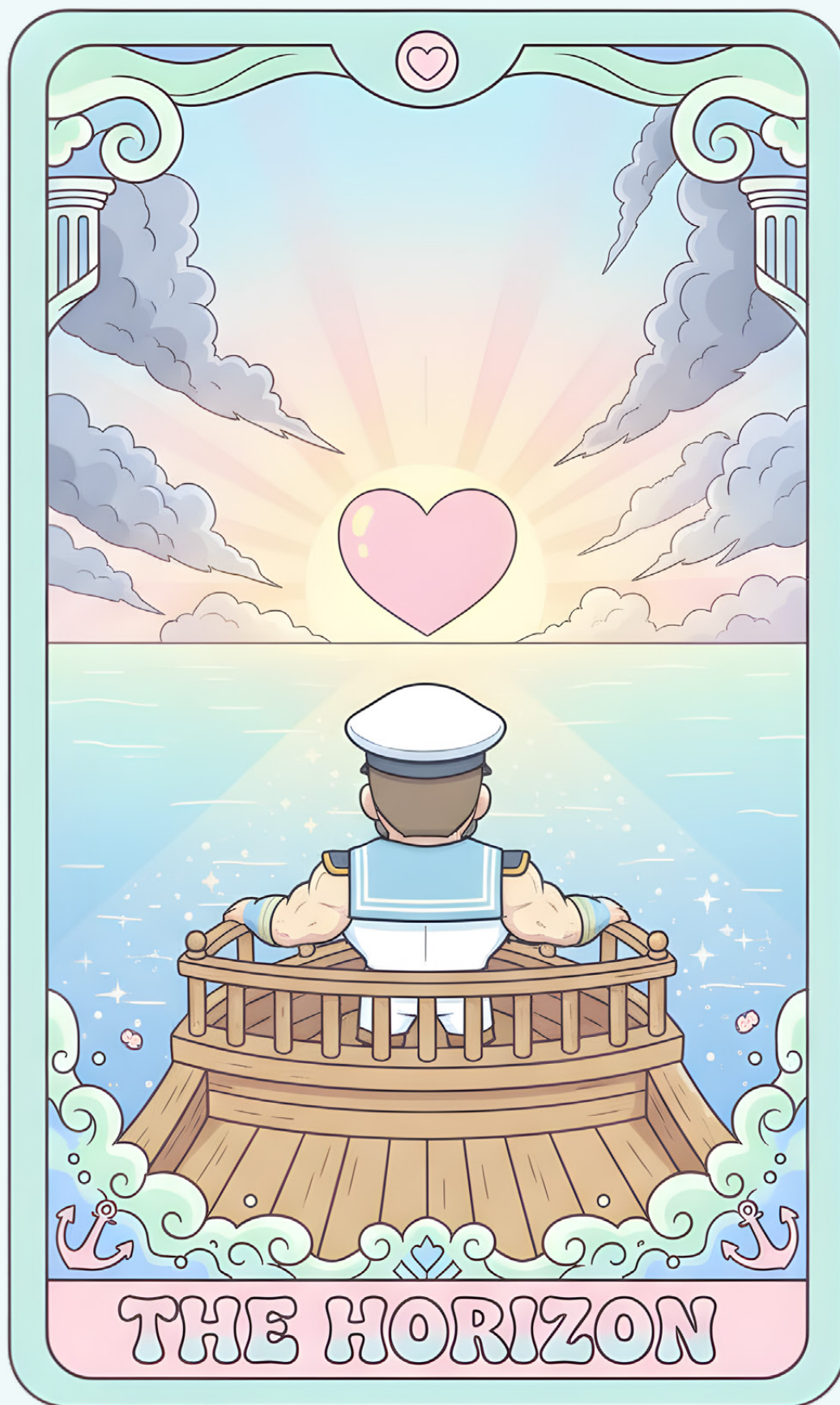
*I TRUST MY INTUITION TO LEAD ME TO
THE LIFE I DESERVE.*



EVERY CHALLENGE IS A WAVE
THAT LIFTS ME HIGHER.



*I AM A TREASURE DISCOVERED;
MY WORTH IS BEYOND MEASURE.*



MY PAST DOES NOT DEFINE MY FUTURE.
EVERY SUNRISE IS A CHANCE TO RECHART MY COURSE.



*I RELEASE WHAT NO LONGER SERVES ME,
MAKING SPACE FOR JOY.*



*I AM ENOUGH. I DON'T NEED TO PERFORM OR ACHIEVE TO BE
WORTHY OF LOVE AND BELONGING.*