IMPOSTER SYNDROME

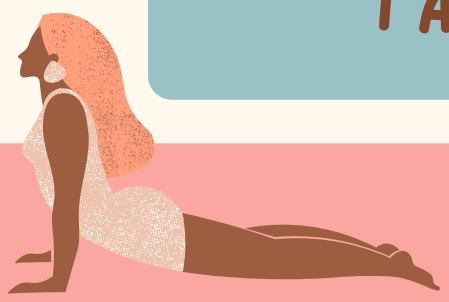
MANTRAS



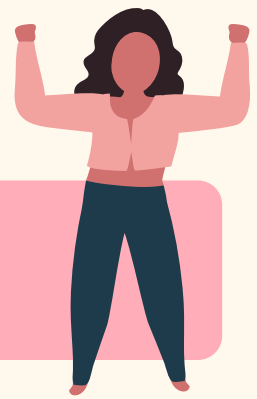
MY STRUGGLES ARE REAL.

I AM WORTHY.





I AM HERE.



I CAN DO HARD THINGS.



IT IS HELPFUL TO REST.

MOMONTHESPECTRUM.LIFE