

As someone who has a piece of my art, I already now you possess these things.
Cut them out, put them where you can see them, to remind yourself of who you are.

Resilience

I am proud of my story, and it makes me even more resilient.

Growth

My growth is steady and unstoppable, always moving me forward.

Strength

Every weight I've carried has made me stronger, and I embrace that power.

Courage

I choose courage over comfort

Confidence

I release what no longer serves me and step into my power with clarity and confidence.

Transform

I trust my experience is shaping me into who I'm meant to be.

Trust

I trust in my resilience

Gratitude

I am proud of the path I've walked, and it's leading me exactly where I need to be.