



Rest is a
requirement for
my body and
mind, not
something that
has to be
earned.

My worth is not
based on my
production. What I
can do will look
different
everyday.

Failures are a
normal part of
life. They can be
hard, but they can
help us learn about
ourselves.

My body is not
bad or good
because of its
shape or what it
can or cannot
do. It simply is
the vessel in
which I live.

I have navigated
difficult things
before, and can
do it again. I can
ask for support in
the things I
need.

I am precious
and worthy
just as I am.

