

*Practice*

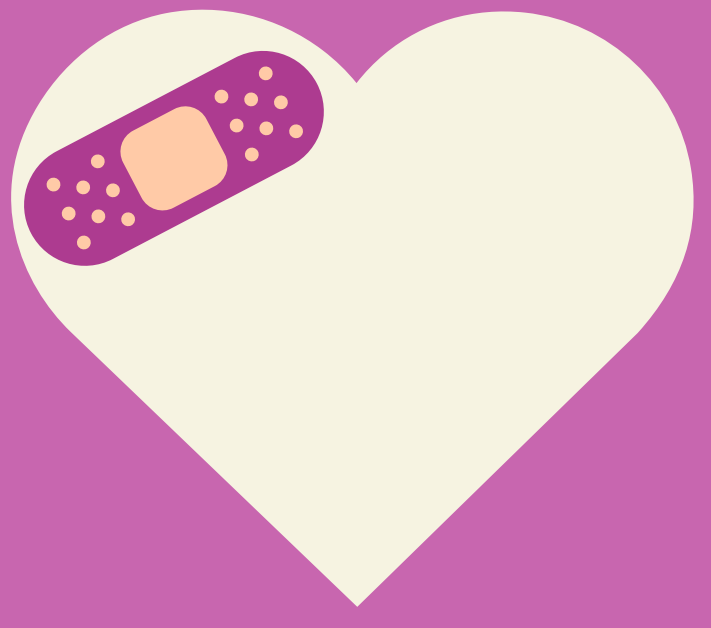


*Self Care*

*Practice*



*Self Care*



# Affirmations

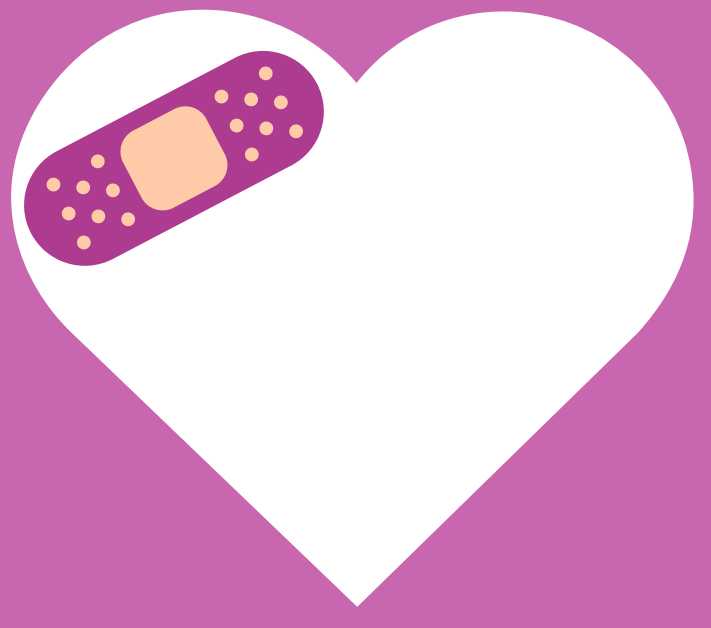
**My needs matter.**

**I trust myself and my intuition.**

**I am important.**

**My boundaries are respected.**

**I am more than my past.**



# Affirmations

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# Practice

Put  
yourself  
first

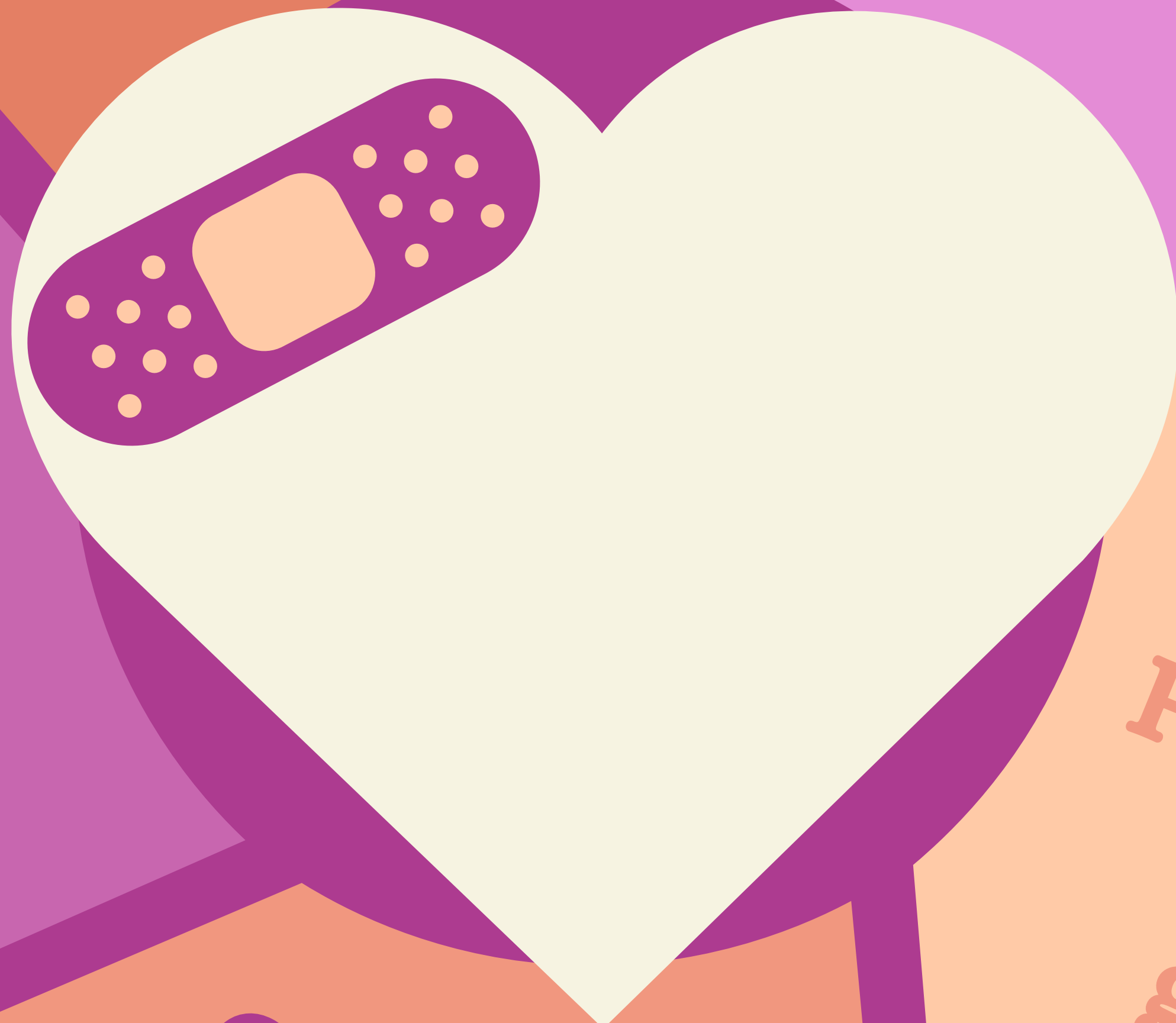
Trust your  
intuition

Embrace  
alone  
time

Focus on  
your  
goals

Celebrate  
your  
efforts

# Self Care





# Practice

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# Self Care

