

# Affirmations

The background is a watercolor illustration. The top half is a dark blue night sky filled with numerous small white dots representing stars and several larger, four-pointed white star shapes. Below the sky, there are soft, white and light blue watercolor clouds. The bottom half of the image features a range of mountains. The mountains are layered, with the closest peaks in shades of green and dark teal, and the more distant peaks in shades of light blue and pale pink. The overall style is soft and artistic.

I know it is safe to  
uproot what was  
planted in fear.





I don't need to  
have all the  
answers.



I am worthy &  
capable of  
amazing things.

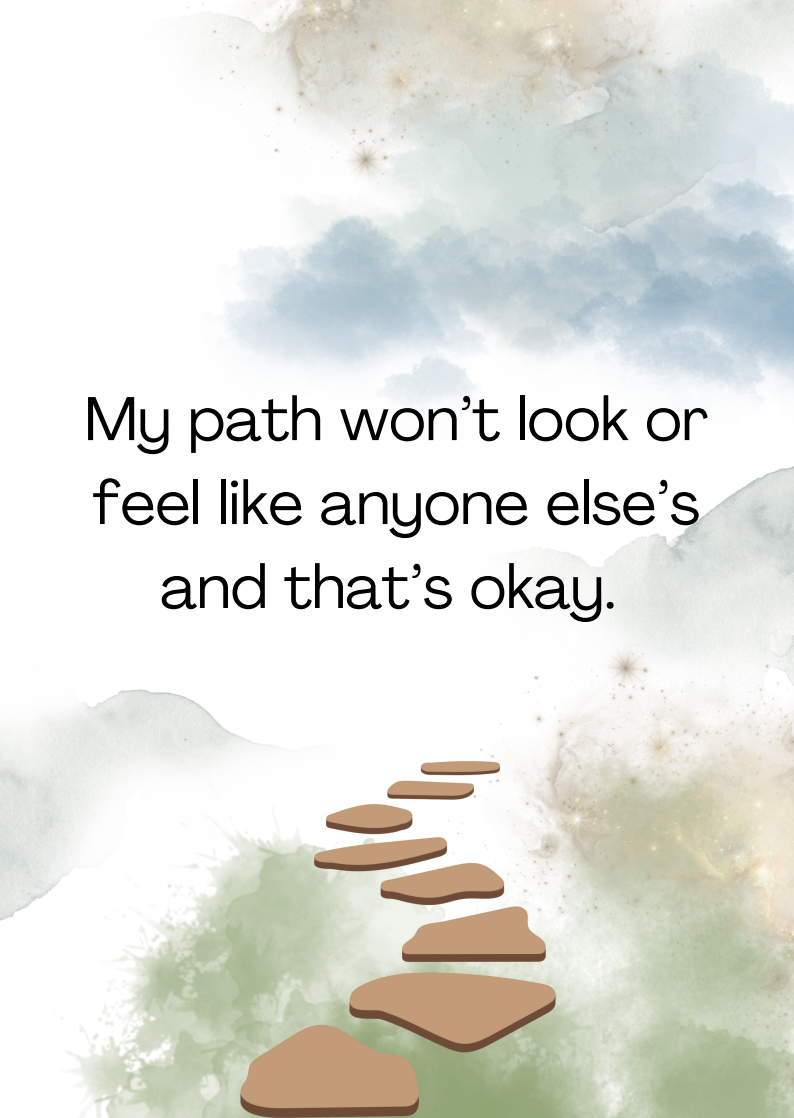


I have the power  
to create my own  
closure.



I am a force to be  
reckoned with.



A watercolor illustration of a path leading through a dreamy landscape. The path is made of brown, irregularly shaped stones or stepping stones, winding from the bottom center towards the middle of the frame. The background features soft, ethereal watercolor washes in shades of blue, green, and white, suggesting a sky or a misty environment. There are small, golden star-like specks scattered throughout, particularly in the upper and right portions, adding a magical or celestial feel. The overall composition is vertical and centered, with the text occupying the middle section.

My path won't look or  
feel like anyone else's  
and that's okay.

I am whole and  
complete exactly as I  
am at this time.



How I was treated was  
not my fault, the shame  
is not mine to carry. I am  
more than my story and  
my trauma.





I keep my heart set  
on my journey.

I can't be  
everything to  
everyone.



I seek new horizons  
I am playful  
I am light.



I am allowed to  
change my mind in  
order to honor my  
heart.





I welcome the quiet  
moments of  
boredom and  
stillness.



This is where my  
deepest creativity  
comes alive.

I am infinitely more  
than my past and  
my pain.



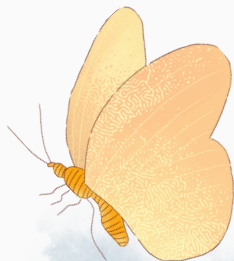
My joy is an act of  
rebellion.



I will nurture and  
protect myself.



There is strength in  
my softness.



I choose flow over  
force.