
- gratitude -
turns what we have into enough + more

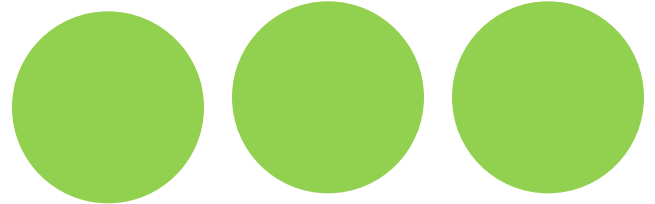
Today I am GRATEFUL for...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

WE WERE
BORN TO BE
REAL...
NOT TO BE
PERFECT!!

*Gratitude requires awareness
and intention. With practice it
has the power to bring
Healing and Joy.*

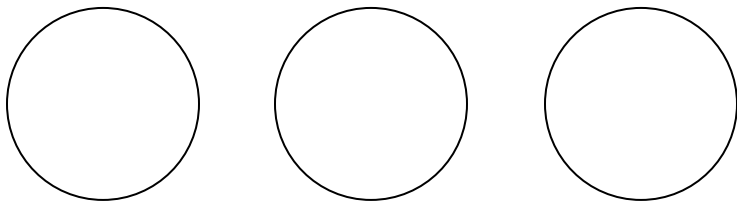
I HONOR MY IMPERFECTIONS



SOME LOVE FOR YOURSELF...

3 PHYSICAL

QUALITIES THAT I LOVE ABOUT MYSELF!



LET PEOPLE SEE THE REAL,
IMPERFECT, FLAWED,
QUIRKY, WEIRD, BEAUTIFUL
+ MAGICAL PERSON THAT
YOU ARE

~I'm not beautiful like YOU... I am beautiful like ME~