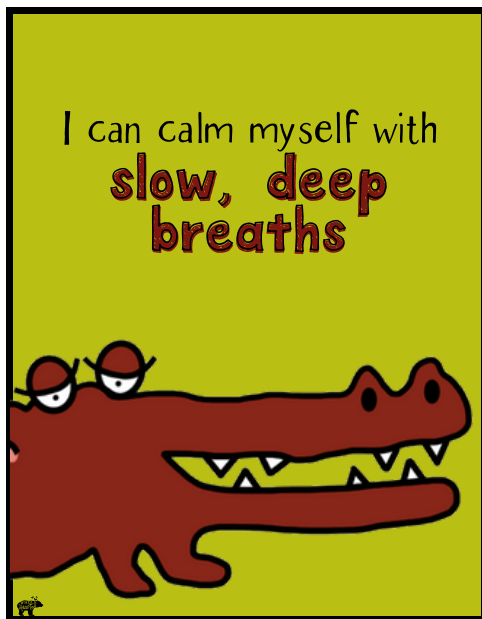




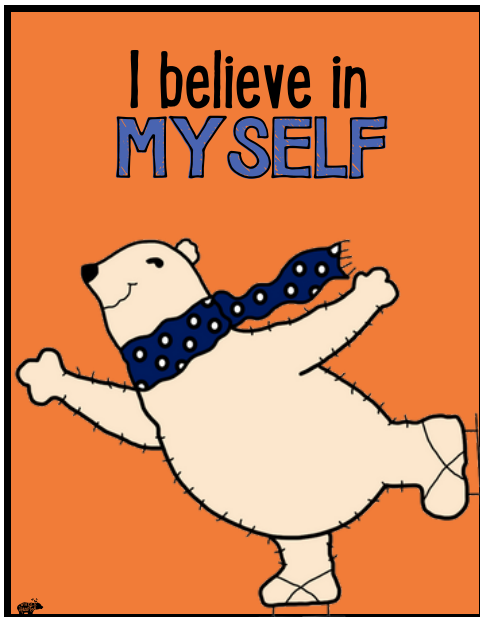
I am
not
alone



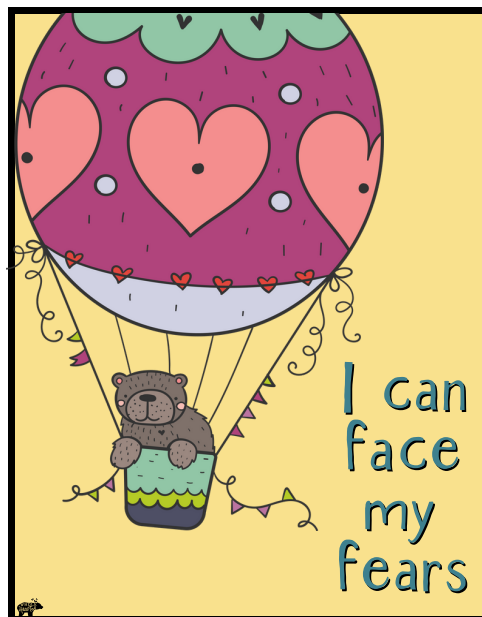
I can calm myself with
slow, deep
breaths



I can get
through
anything



I believe in
MYSELF



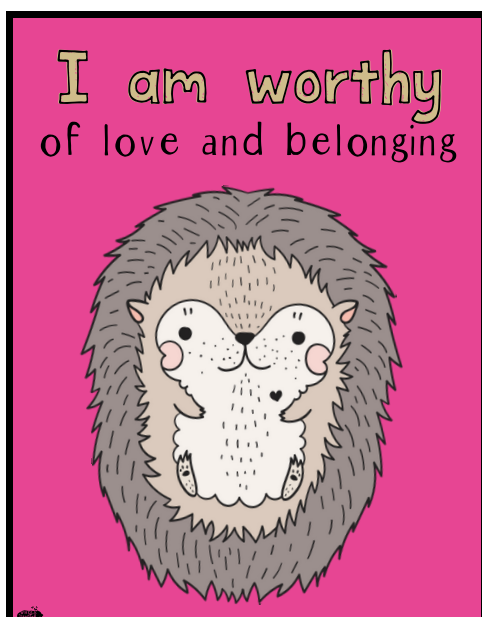
I can
face
my
fears



I MATTER
no matter what



It's okay to not
always know what
to do



I am worthy
of love and belonging



I love
myself

