

*You*  
Matter.

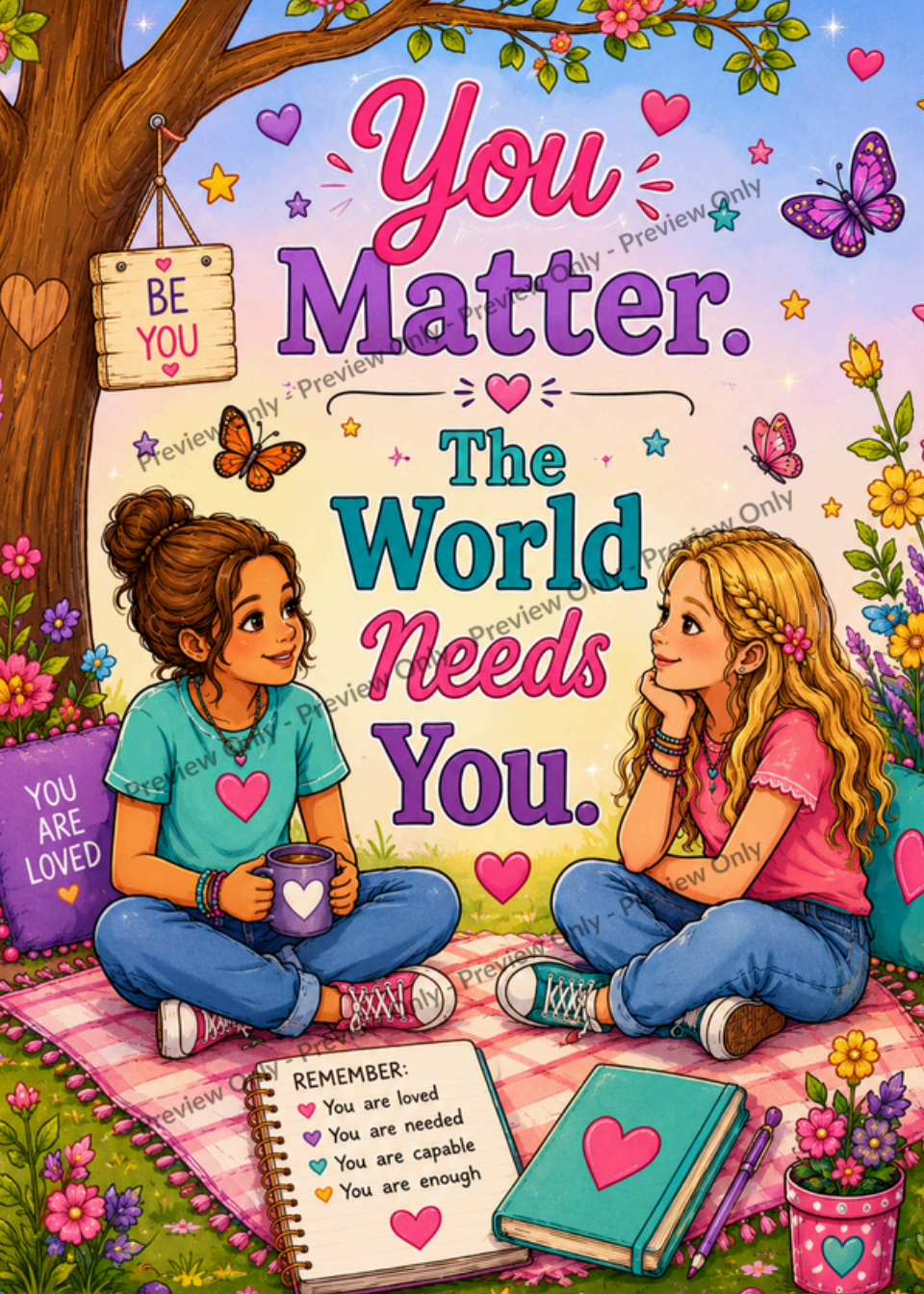
The  
World  
*Needs*  
You.

BE  
YOU

YOU  
ARE  
LOVED

REMEMBER:

- ♥ You are loved
- ♥ You are needed
- ♥ You are capable
- ♥ You are enough



Your

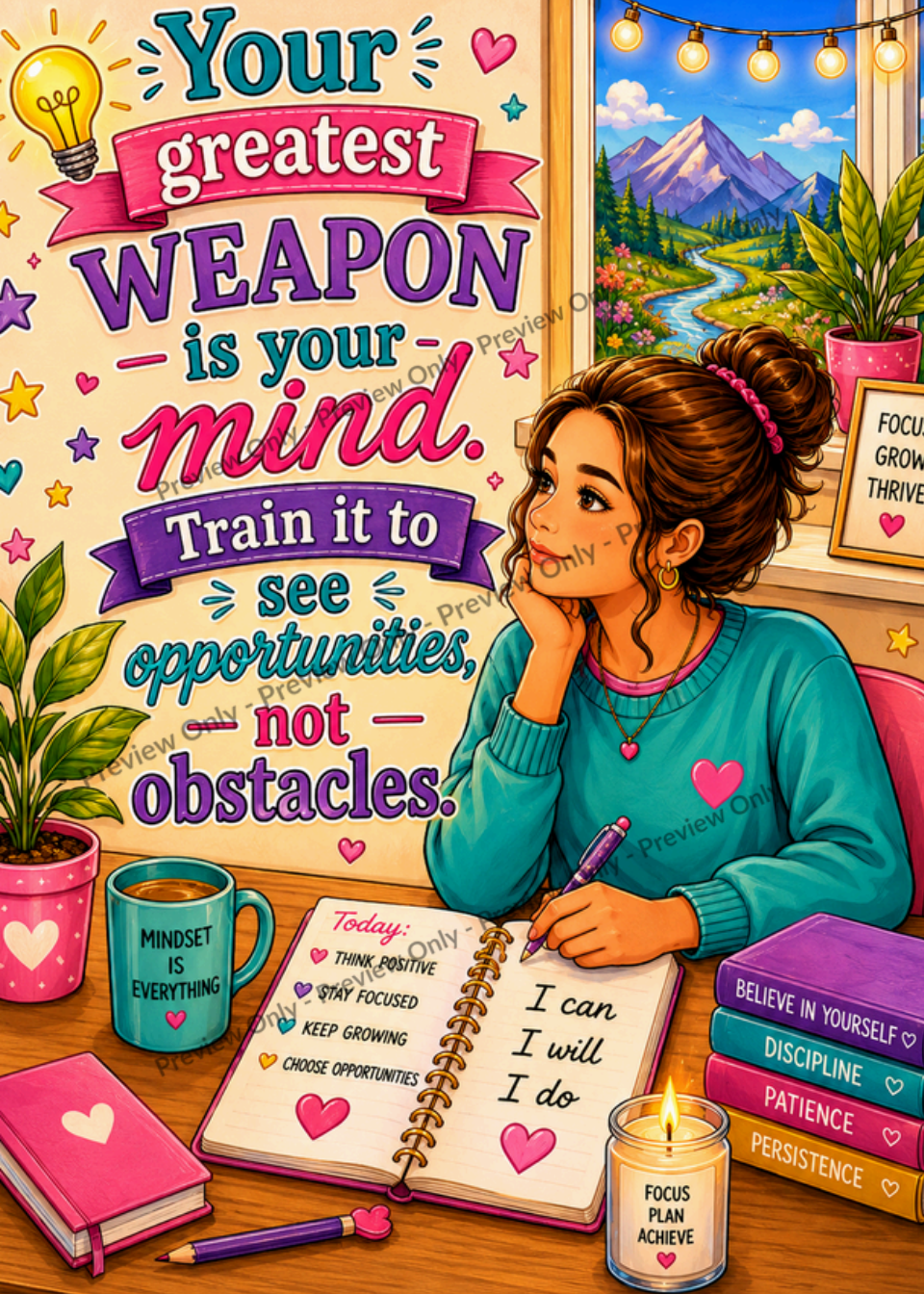
greatest

WEAPON

is your  
mind.

Train it to

see  
opportunities,  
not  
obstacles.



MINDSET  
IS  
EVERYTHING

Today:

THINK POSITIVE

STAY FOCUSED

KEEP GROWING

CHOOSE OPPORTUNITIES

I can  
I will  
I do

FOCUS  
PLAN  
ACHIEVE

BELIEVE IN YOURSELF

DISCIPLINE

PATIENCE

PERSISTENCE

FOCUS  
GROW  
THRIVE



★ The way  
*you talk*  
to yourself

becomes  
the way

*you see*  
yourself

BE  
KIND  
TO  
YOURSELF

YOU  
MATTER

Dear Me: ♥

- ♥ I am enough
- ♥ I am strong
- ♥ I am capable
- ♥ I am worthy
- ♥ I am proud of me

The  
*right*  
people  
will like  
the  
*real*  
you.

BE  
KIND

YOU  
MATTER



# A kind heart is a SUPERPOWER.

You can  
make  
someone's  
day.

Be  
kind.  
Always.

