



YOU ARE LOVED

right now. right here. exactly as you are.



HEY YOU

the world is so much better for
having you, and everything unique
YOU have to offer



you matter
& i love you



YOU ARE CAPABLE

of anything & EVERYTHING



YOU ARE
ENOUGH



you are doing
so much better
than you think you are



YOUR MOM WAS RIGHT
you really are the best 



YOU ARE STRONG
& you are loved