

EXPECT  
A  
MIRACLE

DON'T  
INDULGE  
NEGATIVE  
THOUGHTS

WHAT  
YOU  
BELIEVE  
YOU CAN  
BECOME

DON'T  
COMPARE  
YOUR  
INSIDES  
TO  
SOMEONE  
ELSE'S  
OUTSIDES

CHERISH  
EVERY  
CHANCE  
TO  
LAUGH

BE A  
BETTER  
YOU

MYSELF  
WORTH  
IS NOT  
FOR  
SALE

MISTAKES  
ARE NOT  
FAILURES  
BUT A STEP  
TO  
SUCCESS

PAY  
ATTENTION  
TO HOW  
YOU TALK  
TO YOURSELF

FOCUS  
ON  
POSITIVE  
FEELINGS

LISTEN  
TO  
YOUR  
HEART

YOU CAN  
ONLY LOVE  
ANOTHER  
AS MUCH  
AS YOU  
LOVE  
YOURSELF

CONSIDER  
GIVING  
YOURSELF  
A  
BREAK

ACCEPT  
THE  
FACT  
THAT  
YOU ARE  
AMAZING

STOP  
WAITING  
TO  
LIVE

DON'T LET  
THE  
VOICES IN  
YOUR HEAD  
DROWN OUT  
THE WHISPERS  
OF YOUR  
SOUL

TODAY  
WILL BE  
GREAT

BE  
GENTLE  
WITH  
YOURSELF

KEEP THE  
FAITH  
OR LOSE  
YOUR  
MIND

YOU  
CREATE  
YOU

