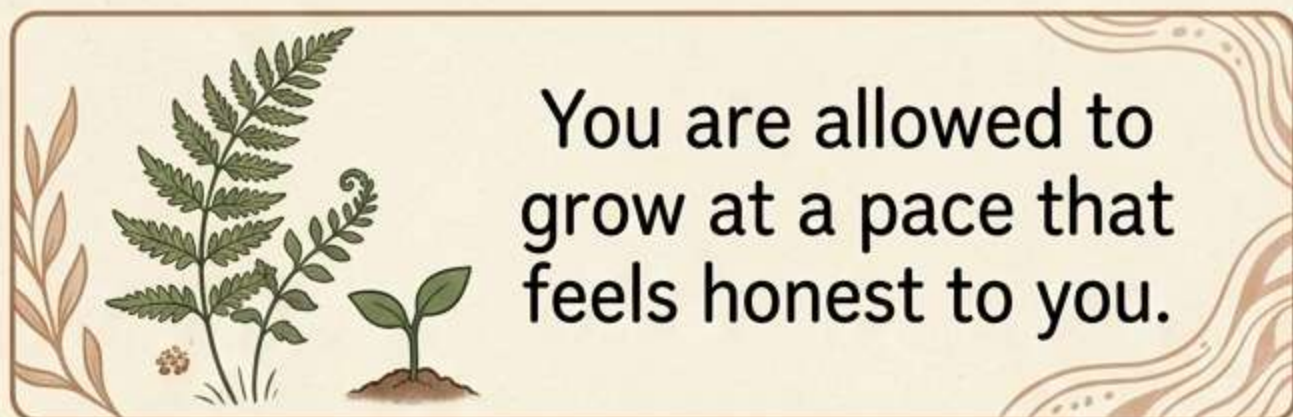
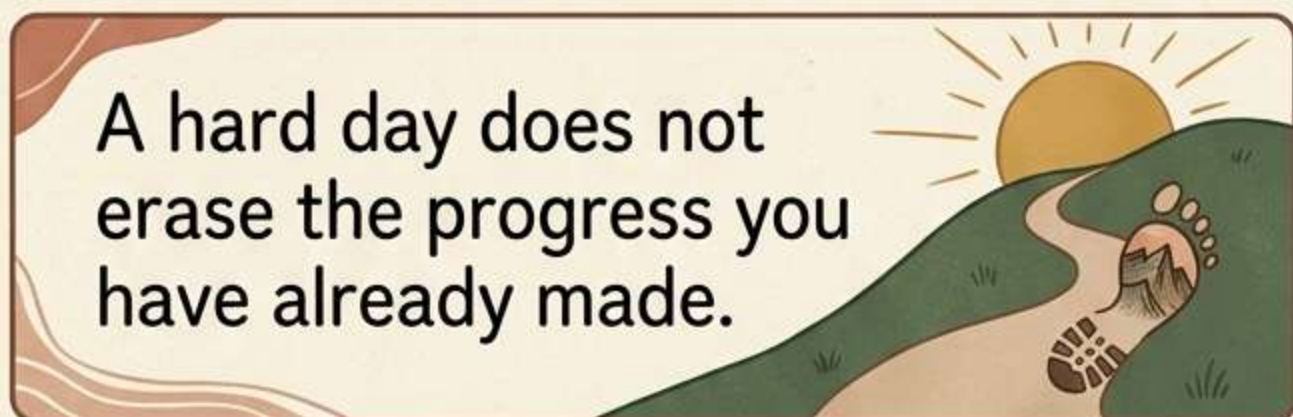


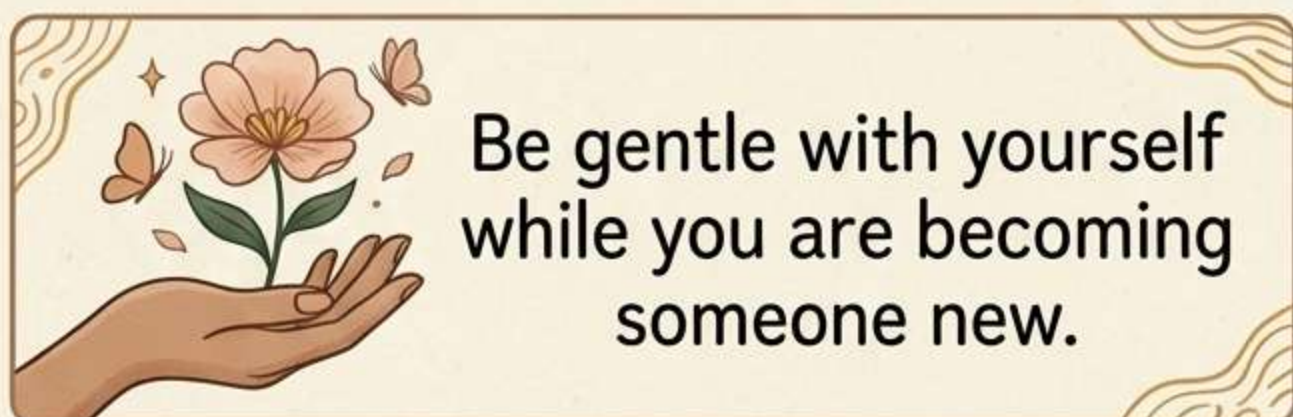
Resilience & Self-Compassion



You are allowed to grow at a pace that feels honest to you.



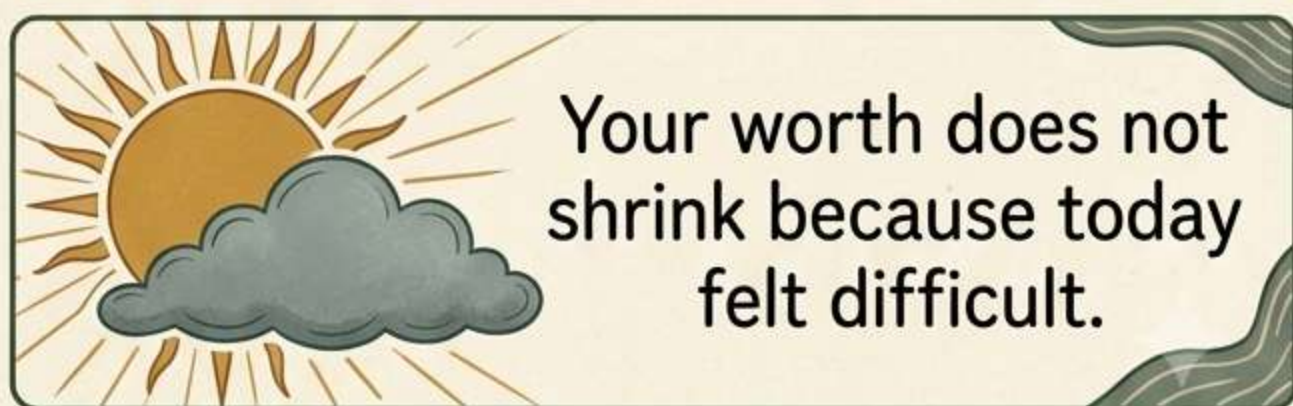
A hard day does not erase the progress you have already made.



Be gentle with yourself while you are becoming someone new.



You can be tired and still be moving forward.



Your worth does not shrink because today felt difficult.

