

YOU ARE
DOING THE
BEST YOU
CAN

YOU ARE
WORTHY
AND
LOVABLE

IT'S OK
TO ASK
FOR HELP

YOU ARE
CAPABLE OF
AMAZING
THINGS

NOTE TO SELF

YOUR
BOUNDARIES
ARE
IMPORTANT

YOUR
FEELINGS
ARE VALID

IT'S OK
TO START
OVER AND
TRY AGAIN

YOU ARE
ALLOWED
TO SAY
NO

Note To Self

Sebastian Brünink



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