

GENTLE REMINDERS



YOU DESERVE
TO BE HEARD



YOUR OPINIONS
MATTER



YOUR FEELINGS
ARE VALID



YOUR BEST
IS ENOUGH



IT'S OK TO
REST & PAUSE



IT'S OK TO GROW
AT YOUR OWN PACE



IT'S OK TO HAVE
MOMENTS OF
DOUBT



YOUR MISTAKES
DON'T DEFINE
YOU



HOW YOU SPEAK
TO YOURSELF
MATTERS