

# NOTE TO SELF

*It's easy to forget the important things that keep us aligned with our authenticity and help us feel safe. Here's a reminder:*



**1. YOUR FEELINGS ARE VALID**

**2. YOU ARE WORTHY AND LOVABLE**

**3. YOUR BOUNDARIES ARE IMPORTANT**



**4. YOU ARE DOING THE BEST YOU CAN**

**5. IT'S OKAY TO ASK FOR HELP**



**6. YOU ARE ALLOWED TO SAY NO**

**7. YOU ARE CAPABLE OF AMAZING THINGS**

**8. IT'S OKAY TO START OVER AND TRY AGAIN**

