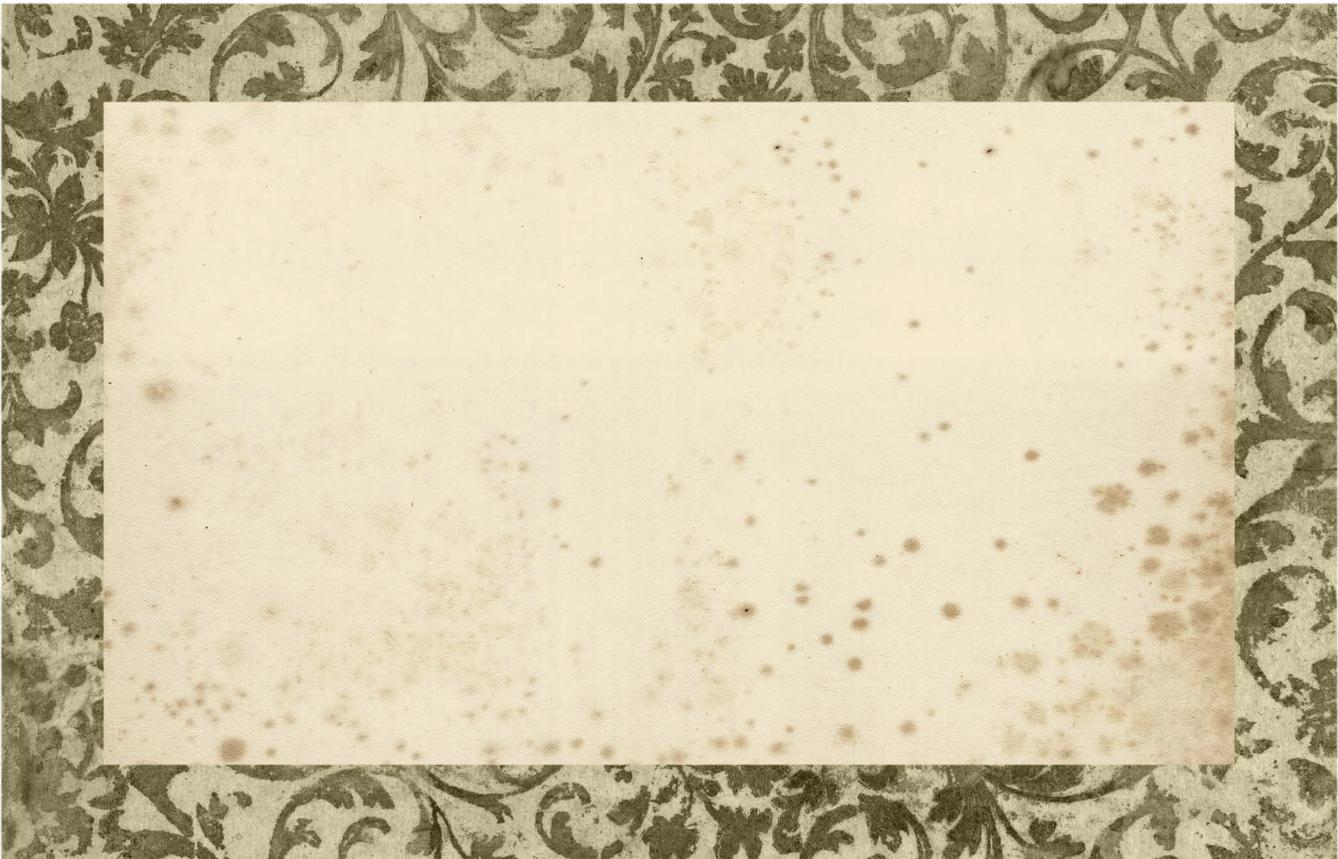
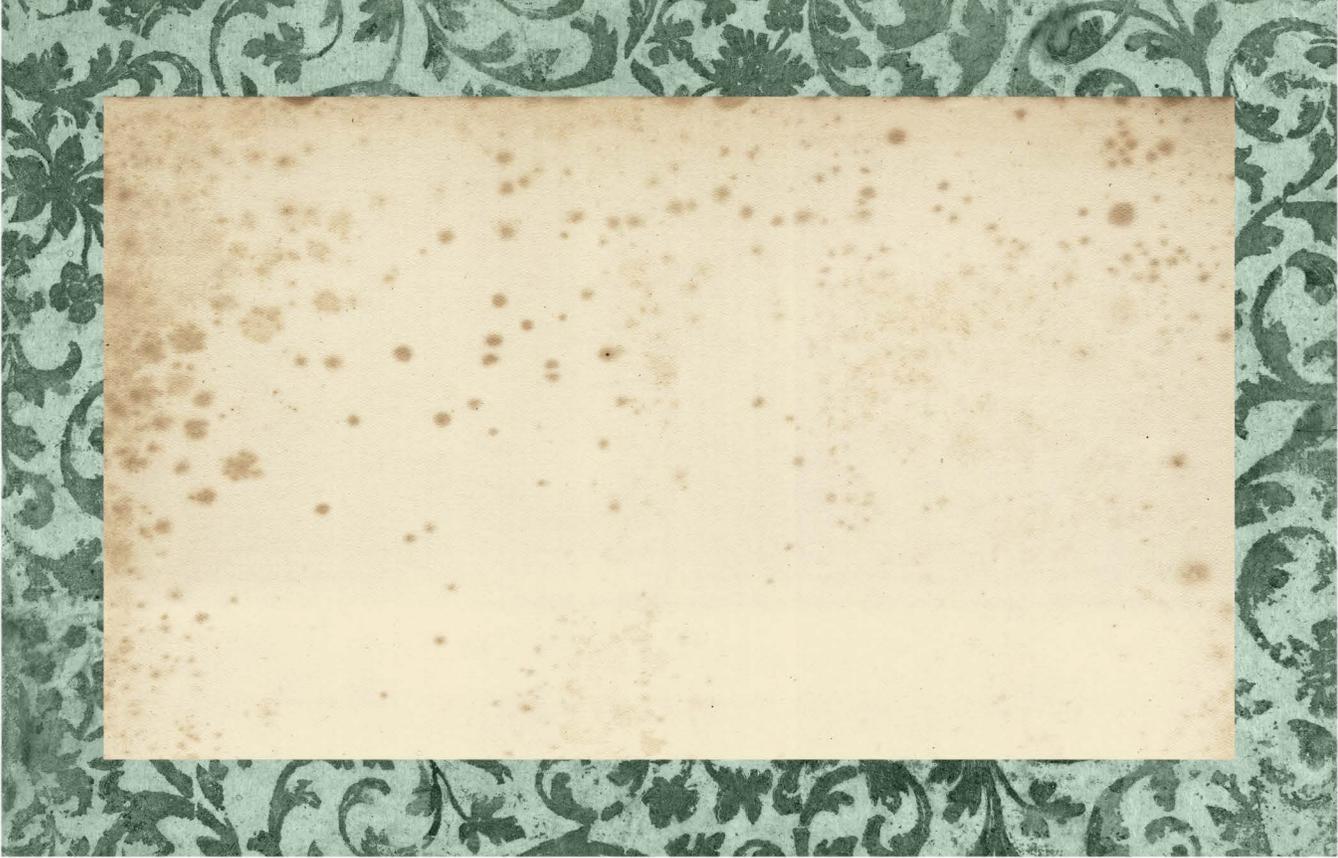


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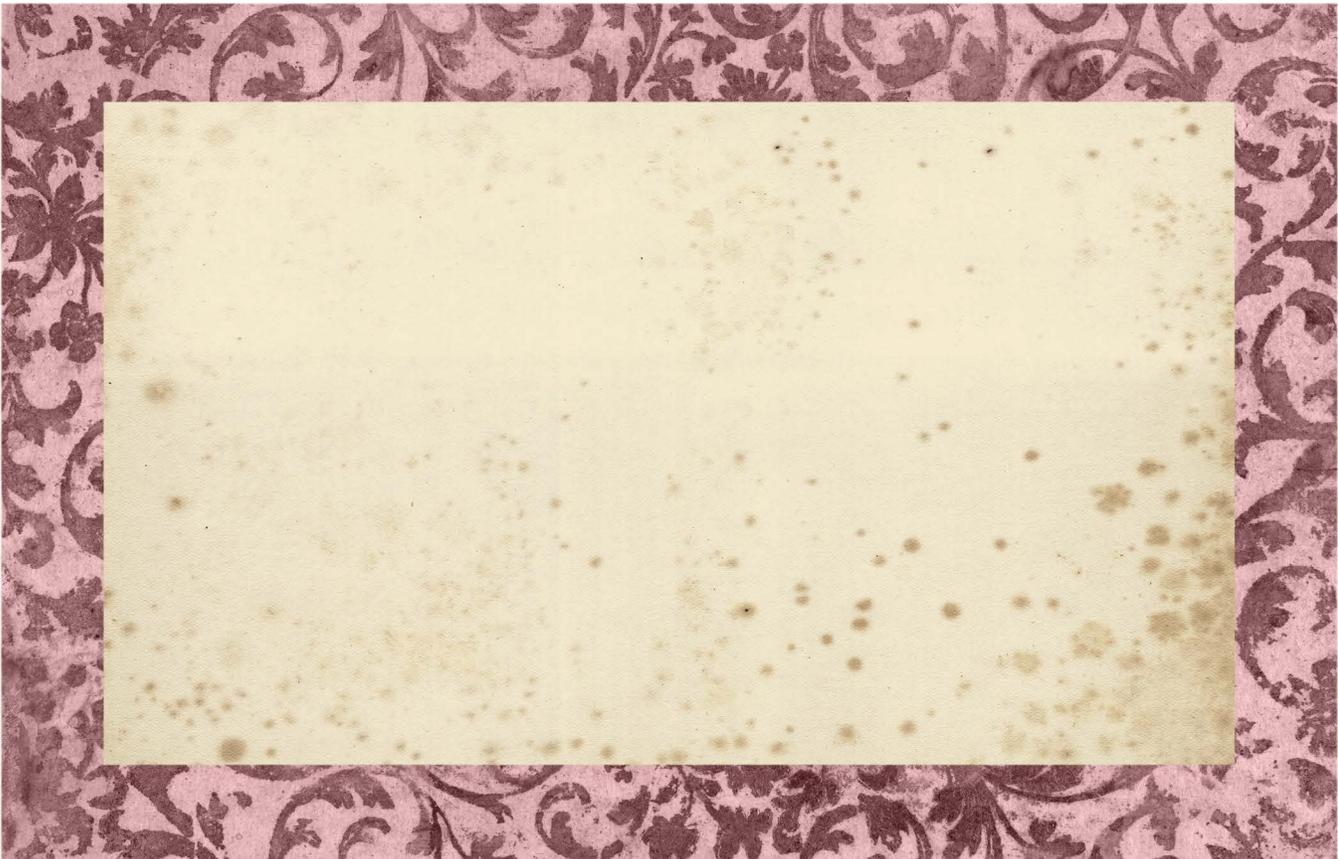
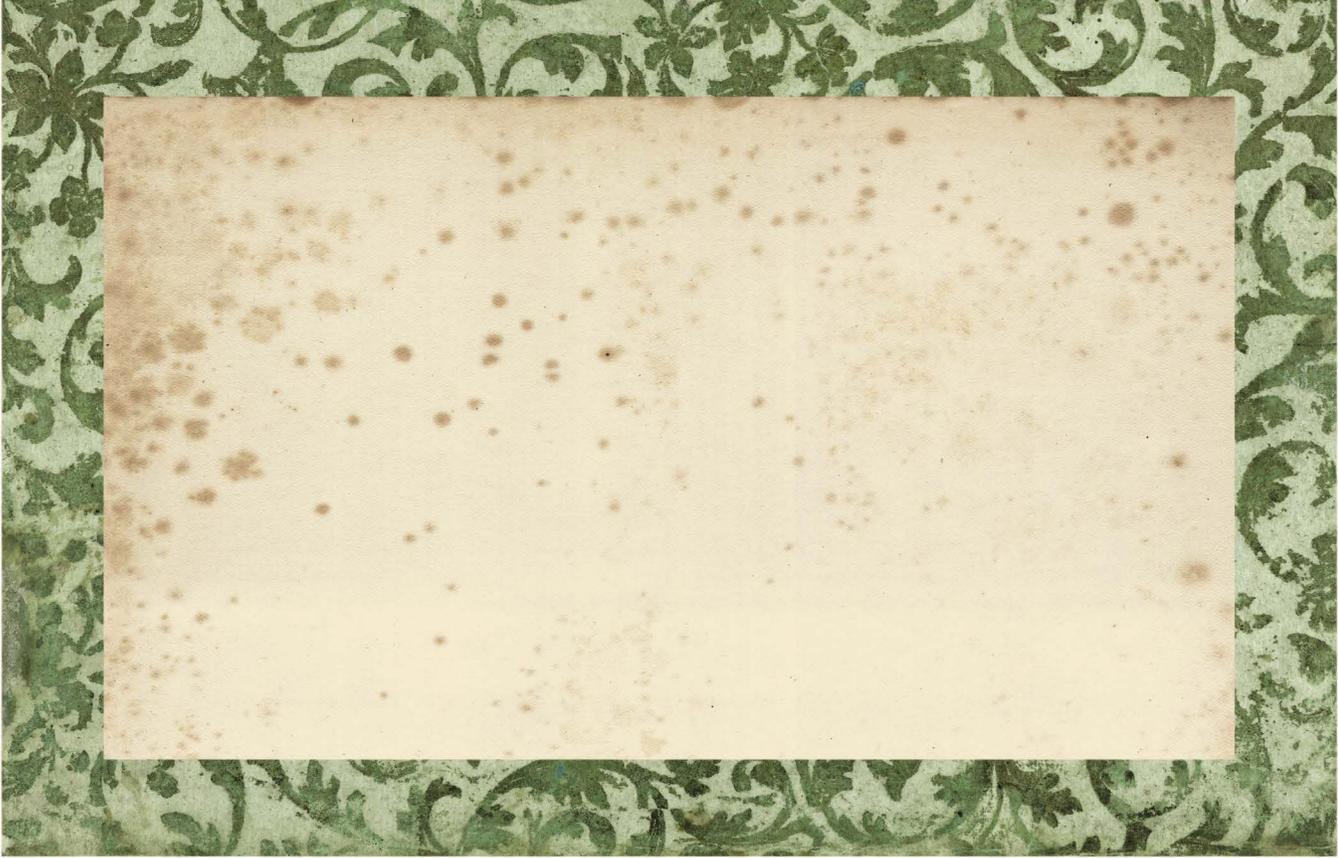
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the little things matter.

slow down and breathe

create something today

create without fear

CrEaTiVe

today is worth remembering

Quiet Joy

time stood still

The smallest moments often become the biggest memories.

Even the ordinary days hold the possibility for extraordinary beauty.

made by hand and

made with heart

Create from where you are.

Hold onto this feeling.

follow your curiosity

trust your creative voice

this was worth saving

inspiration is everywhere

Be where your feet are.

Today will never come again.

Joy lives in the moments we choose to notice.

Small moments build a meaningful life.

The little things are not little at all when they hold your heart.

Life is happening right now.

Not everything needs to be rushed.

There is no wrong

Stillness has something to teach you.

way to create.

let yourself play

Creativity begins with curiosity.

Make something just because it makes you happy.

Creativity likes a little mess.

Create without overthinking it.

Keep going.

Enjoying the process matters more than perfection.

Every page holds possibility.

The joy is in the making

Make something just because it makes you happy.

follow your curiosity

A blank page is an invitation.

Creativity grows when you use it.

Let yourself play with paper.

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Paper becomes art in your hands. create remember

begin play collect trust REFLECT Imagine

BE PRESENT slow down Discover keep creating!

This is how you find yourself again.

Paper gives my thoughts Today, I need I will look back
somewhere to live. to let go of... on this someday.

Things make sense in here. Trust the Process

Embrace Creativity It felt kind of like coming home.

I needed this. You are allowed to exist

TAKE UP SPACE! without proving anything.

My craft room is You are allowed to have
where I can just BE. things just for you.

When everything feels loud, This is where I
creating makes it quiet again. belong.

I am still becoming someone I am proud of. You are Enough!

My hands help me process what my heart feels.

My creativity holds me together on Your hands were
the days I feel like falling apart. made to create.

heaviness is easier to carry when I am not who I was,
you have someone to share it with & that is okay.

Healing is quiet, Being creative calms the chaos
& it takes time. living in my mind.

I am stronger than the version of me that almost gave up.

I am allowed to outgrow what once held me.

I am learning to be Not every battle is visible.
gentle with myself. I am not broken. I am rebuilding.

I am learning to exist without fear. forget it

Rest Pause Breathe CALM unshaken HOPE

I am learning to let myself feel. Be Patient

Growth does not always feel beautiful.

I am learning to believe in myself.

Release the past...

I am learning to forgive myself.

One day at a time.

I am softer now

Embrace Creativity It felt kind of like coming home.

rest without guilt

I've weathered storms

protect your peace

nobody ever saw.

I've learned to stop carrying what isn't mine.

I carry strength that was born in silence.

Everything doesn't have to be figured out today.

I've learned to choose myself.

I've learned to stand in my truth.

resilient heart

Peace found me when I stopped chasing everything else.

I carry strength I never asked for.

I have emerged,

I became strong because I had to.

though changed.

I've made peace with a few parts of my story.

I have found peace in simple things.

I have become someone I needed.

I've learned to be my own safe place.

Some days pass gently; others leave their mark.

There is peace in no longer needing to explain myself.

There was something unspoken in her silence.

I have walked through my own darkness.

I am shaped by all I have known.