

CHOOSE YOUR FOCUS. CHANGE YOUR LIFE.

SELF LOVE. ACCEPTANCE. GRATITUDE.

Self Love



You are worthy of love—especially your own.

PRACTICE SELF LOVE



BE KIND TO YOURSELF

Talk to yourself with the same kindness you offer others.



PUT YOURSELF FIRST

Your needs matter. It's not selfish, it's self-respect.



SET BOUNDARIES

Protect your energy and your peace.



CELEBRATE YOU

Appreciate your strengths, your progress, and your uniqueness.

*You are enough.
Just as you are.*

Acceptance



You are human. You are allowed to be a work in progress.

PRACTICE ACCEPTANCE



LET GO OF PERFECTION

You don't have to be perfect to be valuable.



EMBRACE YOUR STORY

Every part of your journey has shaped who you are.



IT'S OKAY TO FEEL

All emotions are valid. Feel, learn, and move forward.

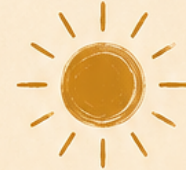


TRUST YOUR JOURNEY

You are exactly where you need to be.

*Progress,
not perfection.*

Gratitude



Focus on what you have, not what you lack.

PRACTICE GRATITUDE



NOTICE THE GOOD

Look for the good in every day, even in small things.



APPRECIATE OTHERS

A simple thank you can brighten someone's whole day.



KEEP A GRATITUDE LIST

Write down 3 things you're grateful for each day.



SHIFT YOUR FOCUS

Gratitude turns what you have into enough.

*Gratitude turns
ordinary days into
blessings.*

LOVE YOURSELF.
ACCEPT YOURSELF.
BE GRATEFUL.

ONE CHOICE.
ONE DAY.
ONE LIFE.

Be your best friend. Live with an open heart. Appreciate every moment.

LESSONS ON THE TRAIL
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