

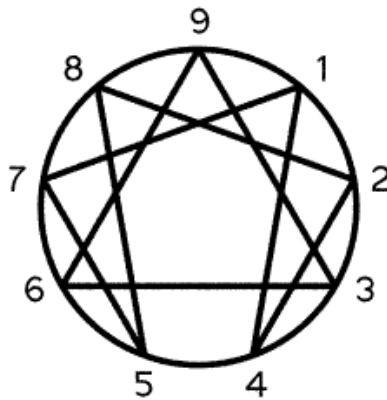
# Truths that Anchor Us

**9** - Your voice and your presence are a gift to everyone.

**8** - You have already chosen your people wisely, and it is safe to trust them with your whole self.

**1** - You can rest because not everything is on your shoulders.

**7** - There is wonder and beauty right where you are, waiting for you to notice it.



**2** - You are much more than the space you take up in other people's lives.

**6** - You have braved the storms of life before, and you are capable of doing it again, and again.

**3** - Trust that when you take the mask off, you will be met with unconditional love.

**5** - Trust that there is a well of abundance that exists after you think you've run out.

**4** - Our scars set us apart, and your willingness to face them gives you strength.