Take me.

What would it sound like to
extend compassion to yourself?

Take me.

Boundaries are the distance
at which I can love you and me
simultaneously.

Take me.

My love language is when people's
words match their actions.

Take me.

Fall in love with the process of
becoming the best version of yourself.

Take me.

Being honest about
what you feel is not weakness.

Take me.

Authenticity is
better than perfection.

Take me.

Showing emotions
is healthy and okay.

Take me.

It's a good day to be proud of
how far you've come.

Take me.

Hold on. Keep trusting.
You don't have to be invincible
before you can be strong.

Take me.

You can know peace without
knowing what comes next.

Take me.

It's okay if it takes time for
this mountain to be climbed.

Take me.

It's okay to be
proud of yourself.

Take me.

Be gentle with yourself

Take me.

There is no timeline,
no right or wrong way to heal.

Take me.

If the pain was deep,
you will have to let it go many times.
~Yung Pueblo

Take me.

It is so important to love someone
a little extra on their hard days.

Take me.

Don't absorb criticism from people
you wouldn't go to for advice.

Take me.

You're amazing
just the way you are.

Take me.

You don't have
to be happy all the time.

Take me.

Here's to not giving up,
to daring to trust.
You are worthy of love.

Take me.

How you feel right
now is not forever.

Take me.

You are loved.

Take me.

Finding joy in the waiting
does not mean you are giving up.
It is saying,
"This is okay as I wait for what's to come".

Take me.

There is life to be
lived here in the waiting.

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Take me.

Note to self:
you have come so far

Take me.

Let any little sign of progress remind
you that you can do this.

Take me.

One breath at a time.

Take me.

Hope is not the easy choice .Hope demands
courage, persistence, and perserverance.
It demands you
wake up every day and choose it.

Take me.

Being human is not hard
because you're doing it wrong.
It's hard because
you're doing it right.

Take me.

PTSD is a normal reaction to trauma,
just as bleeding is a
normal reaction to being stabbed.

Take me.

Life is short. Be kind.

Take me.

When you get tired,
learn to rest not quit.

Take me.

You can totally do this.

Take me.

A smooth sea never
made a skilled sailor.

Take me.

Life is short.
Be Kind.

Take me.

Let the world see
what makes you unique.

Take me.

Dear friend,
all along you have been brave,
even when it does not feel that way.

Take me.

You are stronger than you think.

Take me.

Having a soft heart in a cruel world
is courage, not weakness.

Take me.

Be gentle with yourself... things will change
and that's okay. You don't have to make s
ense of every single thing today.

Take me.

The world needs you.

Take me.

Don't be too hard on yourself.
You are trying.

Take me.

Some seasons you see growth,
others clear space for it.

Take me.

You're amazing. Remember that.
.

Take me.

The same light you see in others is
shining within you too.

Take me.

Choose to keep going.

Take me.

Let the sun shine through the
darkness and light your path.

Take me.

Know that you are
loved for who you are.

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Take me.

No act of kindness is ever wasted.

Take me.

The good things in life
are better with you.

Take me.

You make the world
a beautiful place.

Take me.

You have the strength
to face any challenge.

Take me.

Be the hero in your own story.

Take me.

Cultivate kindness.

Take me.

Embrace the possibilities.

Take me.

Inspire someone today.

Take me.

Kindness is contagious.

Take me.

Kindness matters.

Take me.

Say yes to new adventures.

Take me.

Speak kindly to yourself.

Take me.

No one is you,
and that is your power.

Take me.

When the skies are dark,
look for the stars.

Take me.

Focus your thoughts on what
inspires you.

Take me.

Always choose kindness.

Take me.

Collect beautiful moments.

Take me.

Do what makes your soul shine.

Take me.

Everyone deserves love.

Take me.

Kind words cost nothing.
.

Take me.

Kindness is free.

Take me.

Love on purpose.

Take me.

Scatter kindness.

Take me.

The world needs you.

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Take me.

There is no wrong way to be you.

Take me.

You are truly beautiful.

Take me.

Your life matters.

Take me.

Spread love everyday.

Take me.

The world needs more love.

Take me.

There is no wrong way to be you.

Take me.

Kindness is contagious.

Take me.

We rise by lifting others.

Take me.

You don't have to be happy all the time.

Take me.

You are loved.

Take me.

You are truly beautiful.

Take me.

You deserve happiness.

Take me.

You are stronger than the storm.

Take me.

You are worth it.

Take me.

Speak only words of kindness.

Take me.

Take time to dream more.

Take me.

The world needs you.

Take me.

Unlock the beauty inside of you.

Take me.

Value those you love.

Take me.

You are a burst of beautiful.

Take me.

Kind words cost nothing.

Take me.

You are stronger than the storm.

Take me.

You are worth it.

Take me.

Your journey will be worth it.

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Take me.

Your life is your message.

Take me.

Always choose kindness.

Take me.

Believe in the abundance of love
that surrounds you.

Take me.

Find the extraordinary
in the ordinary.

Take me.

Know that you are loved
for who you are.

Take me.

Live for the moments
you can't put into words.

Take me.

No act of kindness
is ever wasted.

Take me.

The good things in
life are better with you.

Take me.

Aspire to inspire.

Take me.

Be true to you.

Take me.

Beauty comes from within.

Take me.

Believe in yourself.

Take me.

Your life matters.

Take me.

Let the sun shine
through the darkness
and light your path.

Take me.

Find your strength inside you.

Take me.

Let the world see
what makes you unique.

Take me.

Look at yourself with
kindness and love.

Take me.

Love is more powerful
than hate.

Take me.

No one is you, and that is
your power.

Take me.

You make the world a
beautiful place.

Take me.

Be the hero in your own story.

Take me.

Be who you are meant to be.

Take me.

Believe in your own worth.

Take me.

Always choose kindness.

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Take me.

You make today better.

Take me.

You are loved.

Take me.

You are truly beautiful.

Take me.

You deserve happiness.

Take me.

Know that you are loved
for who you are.

Take me.

Live for the moments
you can't put into words.

Take me.

No act of kindness
is ever wasted.

Take me.

The good things in
life are better with you.

Take me.

You can totally do this.

Take me.

You're amazing
just the way you are.

Take me.

Be gentle to yourself.

Take me.

Believe in yourself.

Take me.

One breath at a time.

Take me.

You are stronger than the storm.

Take me.

You are worth it.

Take me.

Your journey will be worth it.

Take me.

Look at yourself with
kindness and love.

Take me.

Love is more powerful
than hate.

Take me.

No one is you, and that is
your power.

Take me.

You make the world a
beautiful place.

Take me.

Be the hero in your own story.

Take me.

It's okay to not be okay.

Take me.

Being honest about what you feel
is not weakness.

Take me.

Always choose kindness.

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