

♥ Take me. ♥ Take me.

What would it sound like to extend compassion to yourself?

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

I hope you heal from the things that are hard to talk about.

I am strong. I am beautiful.

Being honest about what you feel is not weakness.

Never forget how wildly capable you are.

Showing emotions is healthy and okay.

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

You don't have to be invincible before you can be strong.

You can know peace without knowing what comes next.

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

It's okay to be proud of yourself.

♥ Take me. ♥ Take me.

Be gentle with yourself.

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

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

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

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

You're amazing just the way you are.

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

You don't have to hit rock bottom to deserve rest or support.

How you feel right now is not forever.

You are loved.

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".

There is life to be lived here in the waiting.



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Note to self:  
you have come so far

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

One breath at a time.

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

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

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

Kindness changes everything.

When you get tired,  
learn to rest not quit.

In a world where you can be anything,  
be kind.

When you can't find the sunshine,  
be the sunshine.

Life is short.  
Be Kind.

Let the world see  
what makes you unique.

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

You are stronger than you think.

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

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

The world needs you.

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

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

You're amazing. Remember that.

Kindness makes you the most beautiful  
person in the world  
no matter what you look like.

Choose to keep going.

Together is the only way we'll win.  
-Sofia Talvik

Know that you are  
loved for who you are.



♥ Take me. ♥ Take me.

No act of kindness is ever wasted.

The good things in life  
are better with you.

You make the world  
a beautiful place.

You have the strength  
to face any challenge.

Be the hero in your own story.

Cultivate kindness.

Do small things with great love.

It's okay if you only agree  
to one day at a time. That's how  
recovery and healing happens.

Kindness is contagious.

Kindness matters.

Say yes to new adventures.

Speak kindly to yourself.

♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me.

No one is you,  
and that is your power.

Growth is uncomfortable because you've  
never been here before.

Focus your thoughts on what  
inspires you.

Always choose kindness.

Collect beautiful moments.

Do what makes your soul shine.

Everyone deserves love.

Kind words cost nothing.

Kindness is free.

The strongest people aren't always the  
people who win, but the people who  
don't give up when they lose.

It's okay to rest.

Never underestimate the power of a  
good playlist.



♥ Take me. ♥ Take me.

There is no wrong way to be you.

Feelings are better mirrors than maps.

Your story matters.

Spread love everyday.

The world needs more love.

The amount of love you give yourself matters.

Normal is a setting on a washing machine.

We rise by lifting others.

Only you can decide what breaks you.

You are capable of amazing things.

The world is a better place with you in it.

You deserve happiness.

♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me. ♥ Take me.

Surround yourself with the people who bring out the best version of you.

You are worth it.

Speak only words of kindness.

Take time to dream more.

Protect your peace.

Unlock the beauty inside of you.

Value those you love.

You are a burst of beautiful.

Normalize being the person who includes everyone.

Change is scary... so is staying the same.

Take a deep breath.

Your journey will be worth it.







♥ Take me.

You make today better.

♥ Take me.

The world is filled with many nice people. If you can't find one, be one.

♥ Take me.

Choose kind over cool.

♥ Take me.

Throw kindness around like confetti.

♥ Take me.

I am worthy of love and I will love myself no matter what.

♥ Take me.

Give yourself the same patience you give others.

♥ Take me.

You are braver and stronger than you think.

♥ Take me.

Try to be a rainbow in someone's cloud.  
~ Maya Angelou

♥ Take me.

Make yourself proud.

♥ Take me.

It's okay if it's taking longer than you thought.

♥ Take me.

Ignoring your emotions is like being lost in the woods and hiding your compass from yourself.

♥ Take me.

There is a powerful moment in life when you either decide to tolerate life the way it is or decide to be brave and change it.

♥ Take me.

Talk to yourself like someone you love.

♥ Take me.

It's okay to take a break.

♥ Take me.

Happiness is an inside job.

♥ Take me.

Nothing is stronger than a small hope that doesn't give up.

♥ Take me.

It is enough to do my best.

♥ Take me.

It's ok to ask for help, text or call 988, the Suicide and Crisis Lifeline.

♥ Take me.

Progress not perfection.

♥ Take me.

You are enough and more.

♥ Take me.

You are capable of amazing things.

♥ Take me.

It's okay to not be okay.

♥ Take me.

I know I'm going to get through it. It's just sometimes I get tired of going through it.

♥ Take me.

Prioritizing your mental health is an act of courage.

