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.

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

Take me.

I am strong. I am beautiful.

Take me.

Being honest about
what you feel is not weakness.

Take me.

Never forget how
wildly capable you are.

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.

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.

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

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.

Kindness changes everything.

Take me.

When you get tired,
learn to rest not quit.

Take me.

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

Take me.

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

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
sense 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.

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

Take me.

Choose to keep going.

Take me.

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

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.

Do small things with great love.

Take me.

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

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.

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

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.

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

Take me.

It's okay to rest.

Take me.

Never underestimate the power of a
good playlist.

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Take me.

There is no wrong way to be you.

Take me.

Feelings are better mirrors than maps.

Take me.

Your story matters.

Take me.

Spread love everyday.

Take me.

The world needs more love.

Take me.

The amount of love you give yourself matters.

Take me.

Normal is a setting on a washing machine.

Take me.

We rise by lifting others.

Take me.

Only you can decide what breaks you.

Take me.

You are capable of amazing things.

Take me.

The world is a better place with you in it.

Take me.

You deserve happiness.

Take me.

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

Take me.

You are worth it.

Take me.

Speak only words of kindness.

Take me.

Take time to dream more.

Take me.

Protect your peace.

Take me.

Unlock the beauty inside of you.

Take me.

Value those you love.

Take me.

You are a burst of beautiful.

Take me.

Normalize being the person who includes everyone.

Take me.

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

Take me.

Take a deep breath.

Take me.

Your journey will be worth it.

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Take me.

Your life is your message.

Take me.

Don't let the hard days win.

Take me.

The world is simply not complete without you in it. Please stay.

Take me.

Find the extraordinary in the ordinary.

Take me.

What if you really knew how special you are?

Take me.

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

Take me.

Pat yourself on the back. No seriously! Do it now!

Take me.

There is no trophy that says, "They pretended to be okay when they weren't."

Take me.

Find joy in the simple things.

Take me.

Be true to you.

Take me.

Give yourself more credit for how far you've come and how capable you are.

Take me.

Believe in yourself.

Take me.

Your life matters.

Take me.

Make sure you smile today.

Take me.

Find your strength inside you.

Take me.

Let the world see what makes you unique.

Take me.

Treat yourself with kindness and love.

Take me.

Love is more powerful than hate.

Take me.

Don't compare your day 1 to someone's day 100.

Take me.

You have always been enough.

Take me.

What a good day to be proud of all the progress I've made.

Take me.

Trauma changes the brain. AND. SO. DOES. HEALING.

Take me.

Believe in your own worth.

Take me.

Limit your always and your nevers.

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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.

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