

♥ Take me.
I glow in the dark.

What would it sound like to extend compassion to yourself?

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

I am strong. I am beautiful.

♥ Take me.
I glow in the dark.

Being honest about what you feel is not weakness.

♥ Take me.
I glow in the dark.

Never forget how wildly capable you are.

♥ Take me.
I glow in the dark.

Showing emotions is healthy and okay.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

You can know peace without knowing what comes next.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

It's okay to be proud of yourself.

♥ Take me.
I glow in the dark.

Be gentle with yourself

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

You're amazing just the way you are.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

How you feel right now is not forever.

♥ Take me.
I glow in the dark.

You are loved.

♥ Take me.
I glow in the dark.

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.
I glow in the dark.

There is life to be lived here in the waiting.

Take me.
I glow in the dark.

Note to self:
you have come so far

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

One breath at a time.

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

Kindness changes everything.

Take me.
I glow in the dark.

When you get tired,
learn to rest not quit.

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

Life is short.
Be Kind.

Take me.
I glow in the dark.

Let the world see
what makes you unique.

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

You are stronger than you think.

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

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.
I glow in the dark.

The world needs you.

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

You're amazing. Remember that.

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

Choose to keep going.

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

Know that you are
loved for who you are.

♥ Take me.
I glow in the dark.

No act of kindness is ever wasted.

♥ Take me.
I glow in the dark.

The good things in life
are better with you.

♥ Take me.
I glow in the dark.

You make the world
a beautiful place.

♥ Take me.
I glow in the dark.

You have the strength
to face any challenge.

♥ Take me.
I glow in the dark.

Be the hero in your own story.

♥ Take me.
I glow in the dark.

Cultivate kindness.

♥ Take me.
I glow in the dark.

Do small things with great love.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

Kindness is contagious.

♥ Take me.
I glow in the dark.

Kindness matters.

♥ Take me.
I glow in the dark.

Say yes to new adventures.

♥ Take me.
I glow in the dark.

Speak kindly to yourself.

♥ Take me.
I glow in the dark.

No one is you,
and that is your power.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

Focus your thoughts on what
inspires you.

♥ Take me.
I glow in the dark.

Always choose kindness.

♥ Take me.
I glow in the dark.

Collect beautiful moments.

♥ Take me.
I glow in the dark.

Do what makes your soul shine.

♥ Take me.
I glow in the dark.

Everyone deserves love.

♥ Take me.
I glow in the dark.

Kind words cost nothing.

♥ Take me.
I glow in the dark.

Kindness is free.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

It's okay to rest.

♥ Take me.
I glow in the dark.

Never underestimate the power of a
good playlist.

Take me. I glow in the dark.

There is no wrong way to be you.

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

Feelings are better mirrors than maps.

You are worth it.

Your story matters.

Speak only words of kindness.

Spread love everyday.

Take time to dream more.

The world needs more love.

Protect your peace.

The amount of love you give yourself matters.

Unlock the beauty inside of you.

Normal is a setting on a washing machine.

Value those you love.

We rise by lifting others.

You are a burst of beautiful.

Only you can decide what breaks you.

Normalize being the person who includes everyone.

You are capable of amazing things.

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

The world is a better place with you in it.

Take a deep breath.

You deserve happiness.

Your journey will be worth it.

Take me. I glow in the dark.

Take me.
I glow in the dark.

Your life is your message.

Take me.
I glow in the dark.

Don't let the hard days win.

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

Find the extraordinary in the ordinary.

Take me.
I glow in the dark.

What if you really knew how special you are?

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

Find joy in the simple things.

Take me.
I glow in the dark.

Be true to you.

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

Believe in yourself.

Take me.
I glow in the dark.

Your life matters.

Take me.
I glow in the dark.

Make sure you smile today.

Take me.
I glow in the dark.

Find your strength inside you.

Take me.
I glow in the dark.

Let the world see what makes you unique.

Take me.
I glow in the dark.

Treat yourself with kindness and love.

Take me.
I glow in the dark.

Love is more powerful than hate.

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

You have always been enough.

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

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

Take me.
I glow in the dark.

Believe in your own worth.

Take me.
I glow in the dark.

Limit your always and your nevers.

♥ Take me.
I glow in the dark.

You make today better.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

Choose kind over cool.

♥ Take me.
I glow in the dark.

Throw kindness around like confetti.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

Give yourself the same patience you give others.

♥ Take me.
I glow in the dark.

You are braver and stronger than you think.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

Make yourself proud.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

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.
I glow in the dark.

Talk to yourself like someone you love.

♥ Take me.
I glow in the dark.

It's okay to take a break.

♥ Take me.
I glow in the dark.

Happiness is an inside job.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

It is enough to do my best.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

Progress not perfection.

♥ Take me.
I glow in the dark.

You are enough and more.

♥ Take me.
I glow in the dark.

You are capable of amazing things.

♥ Take me.
I glow in the dark.

It's okay to not be okay.

♥ Take me.
I glow in the dark.

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

♥ Take me.
I glow in the dark.

Prioritizing your mental health is an act of courage.

