

The image features a large, hand-drawn speech bubble with a black outline, centered on a background of abstract, flowing shapes in shades of orange, yellow, light grey, and teal. Inside the speech bubble, the text "Be gentle with yourself" is written in a black, cursive script. The bubble has a soft drop shadow, giving it a three-dimensional appearance.

Be gentle
with yourself

I am strong.
I am becoming.

I celebrate my
strengths and give
myself permission to
thrive!

I will embrace this
day with trust &
gratitude.



*I remain curious about my
fears, about my desires.*

*I am worthy.
I am loved.*

I breath in courage and
I breath out doubt.

I breath in courage and
I breath out doubt.

