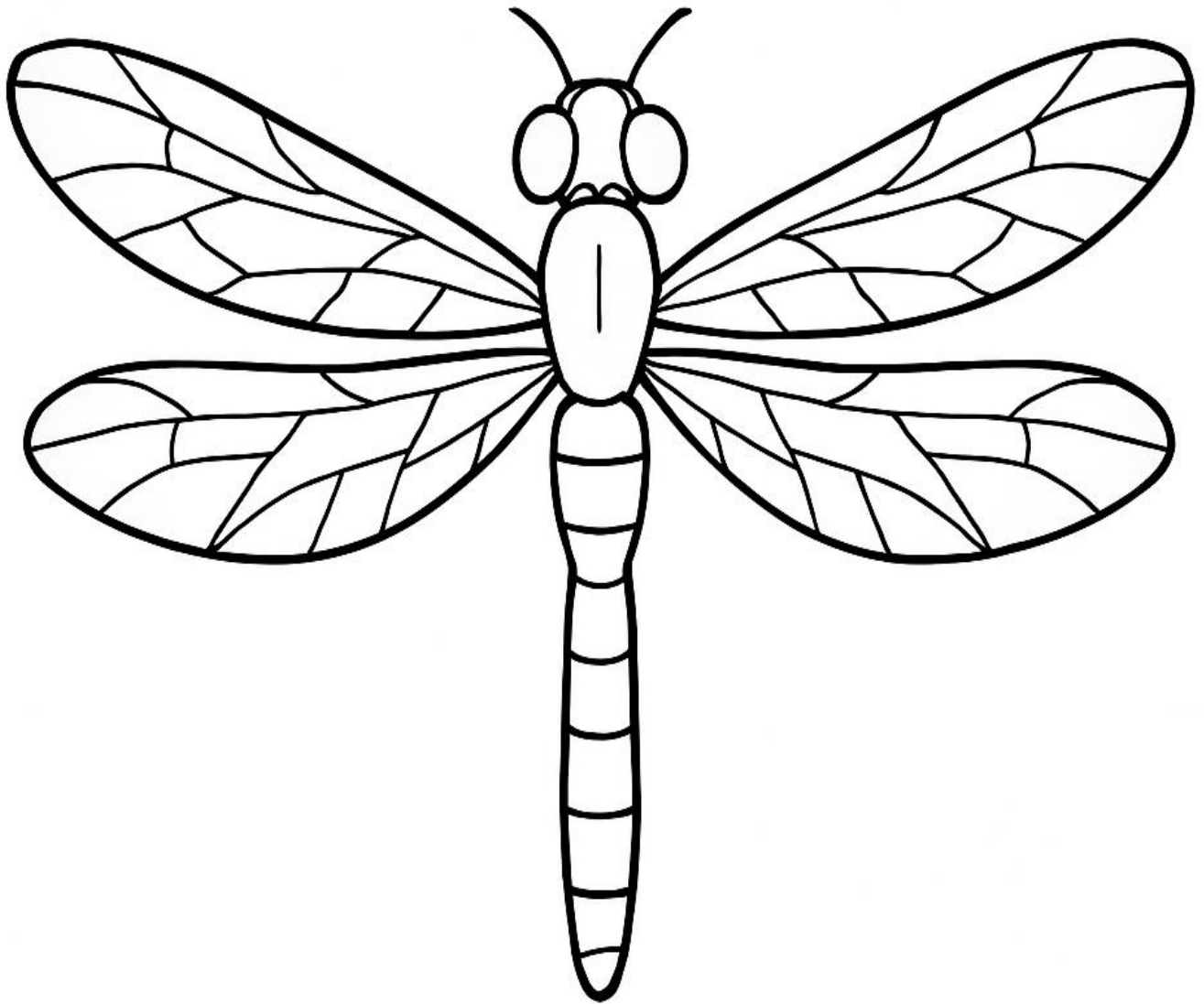
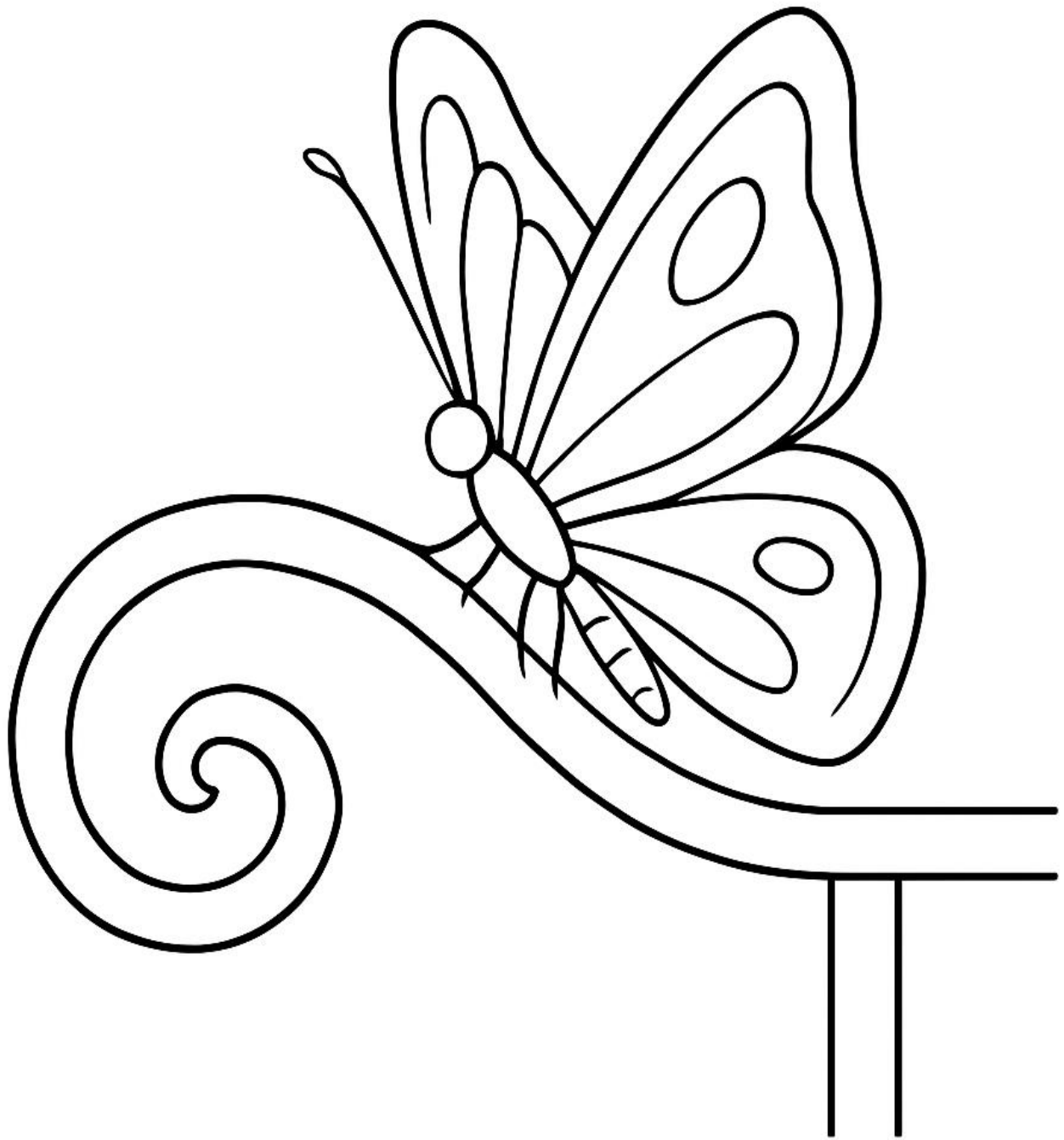


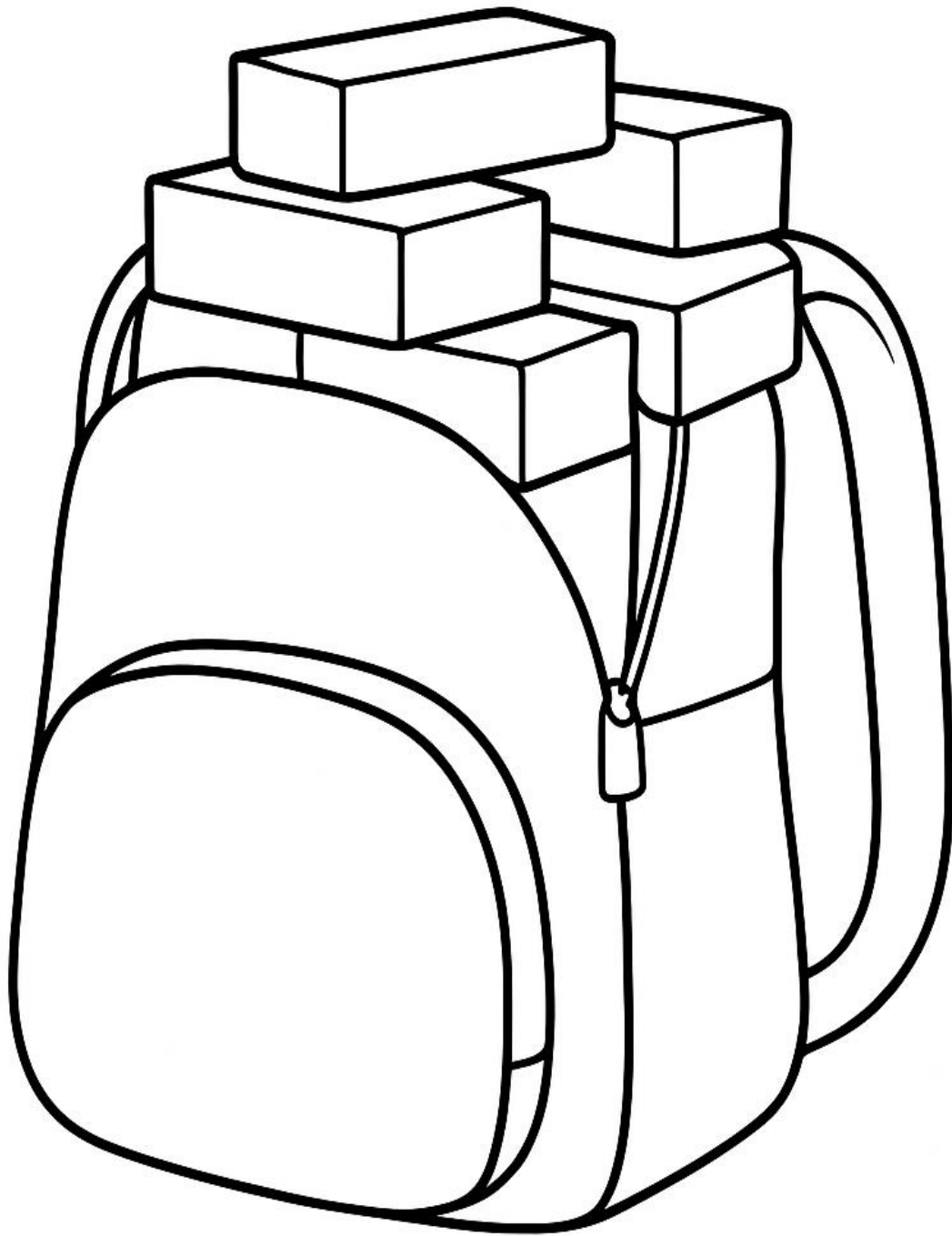
Strength blooms even in hard places.



Grow through change.



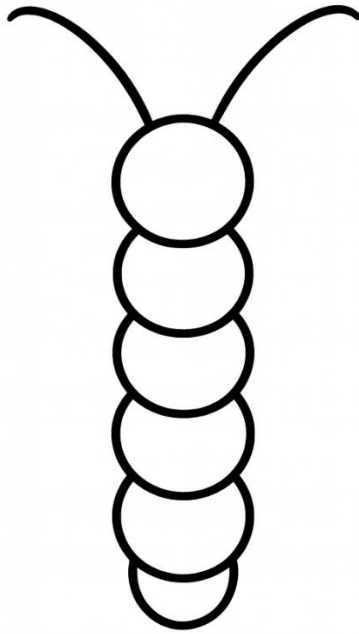
Take a breath, then soar!



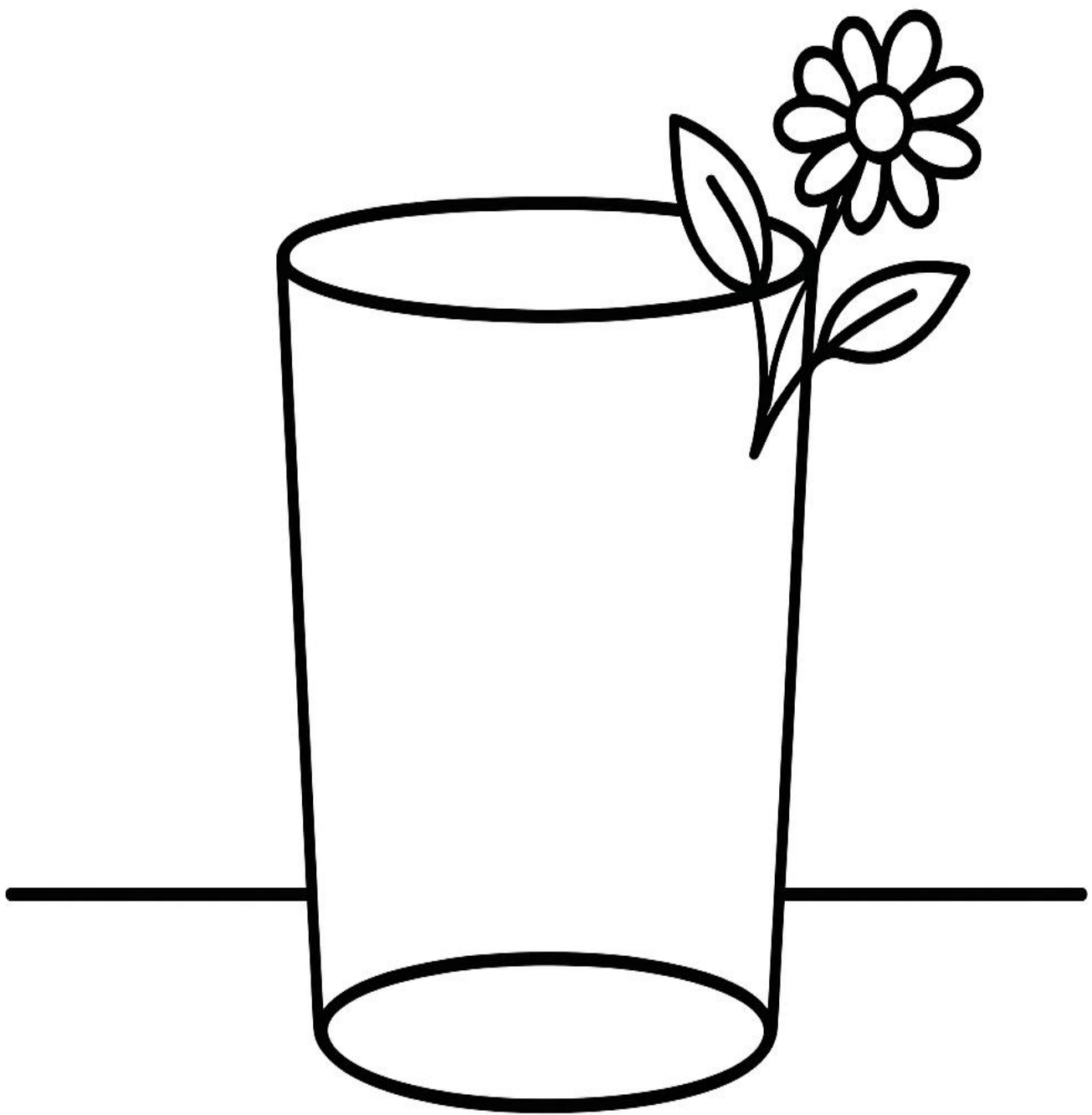
Drop the weight. Keep the lessons.



Take one brave step at a time.



Add wings and turn this caterpillar  
into a beautiful butterfly.

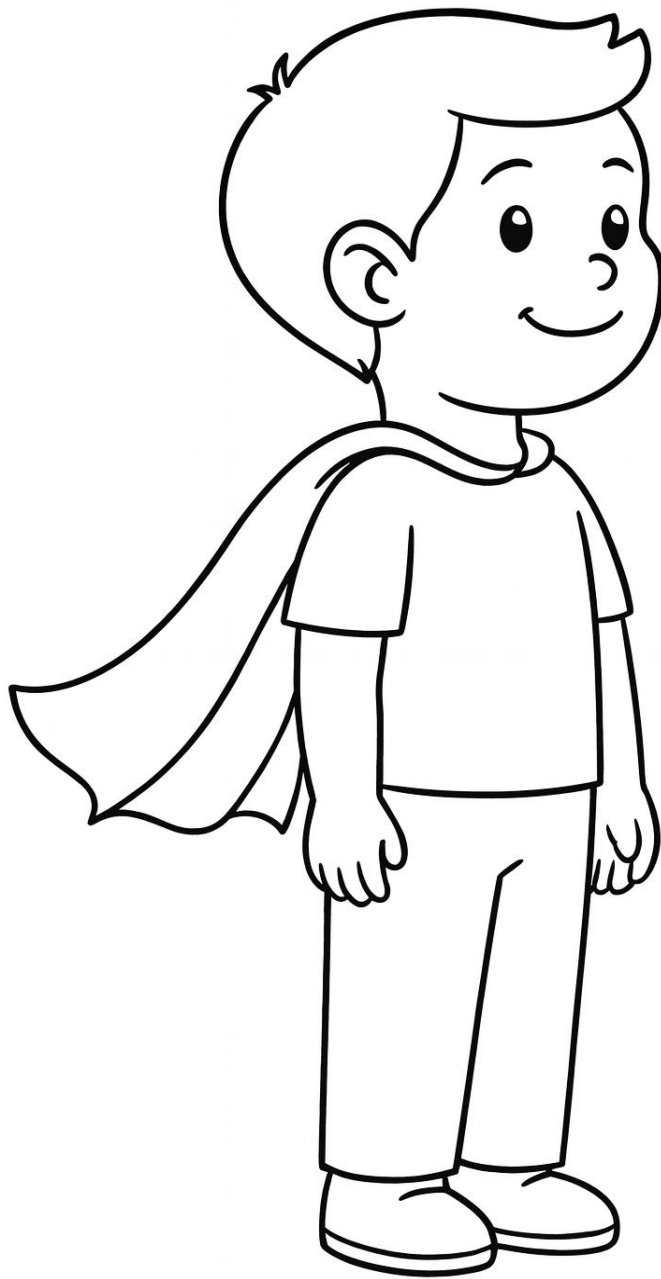


Fill your cup with self-care.

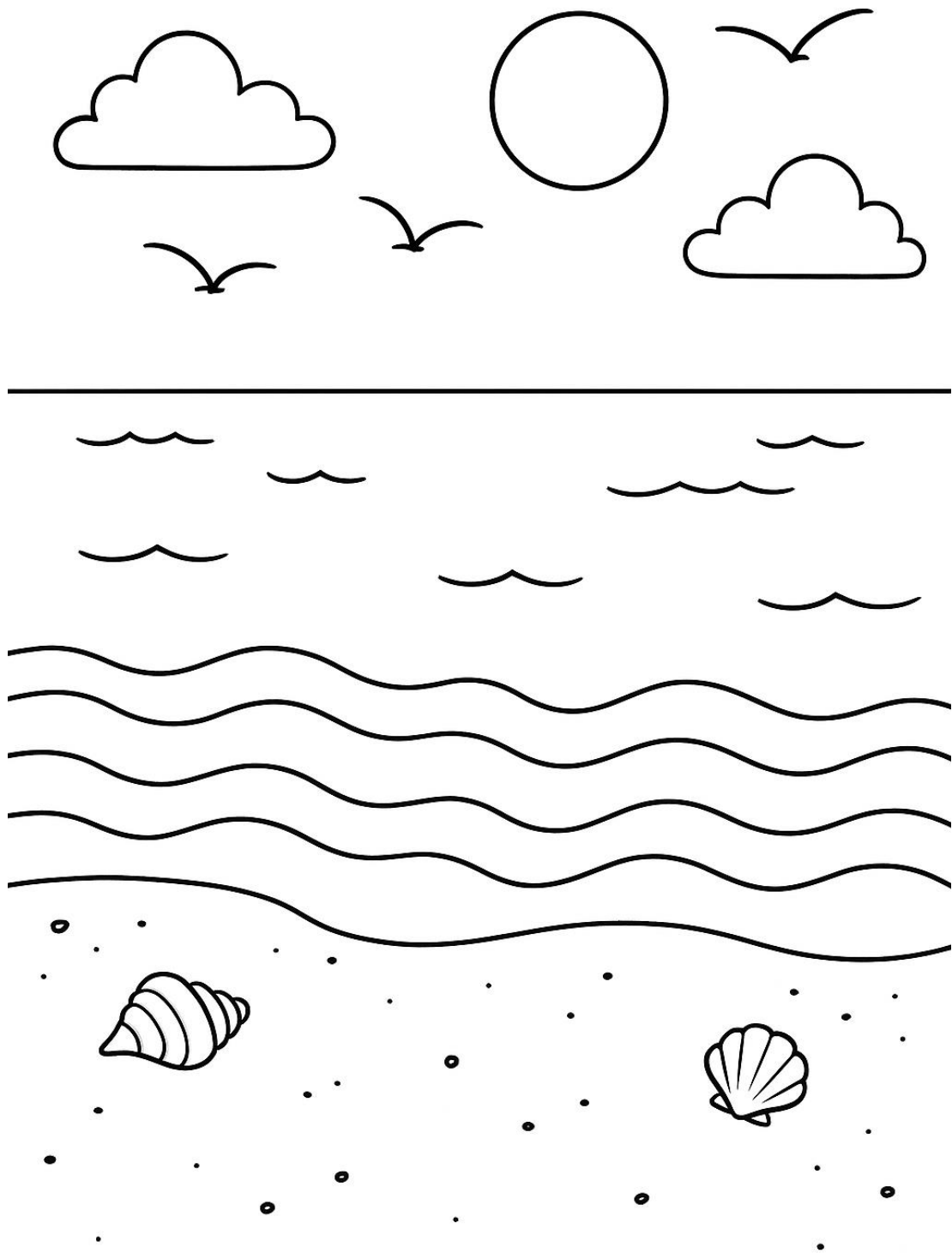


Never forget your worth.

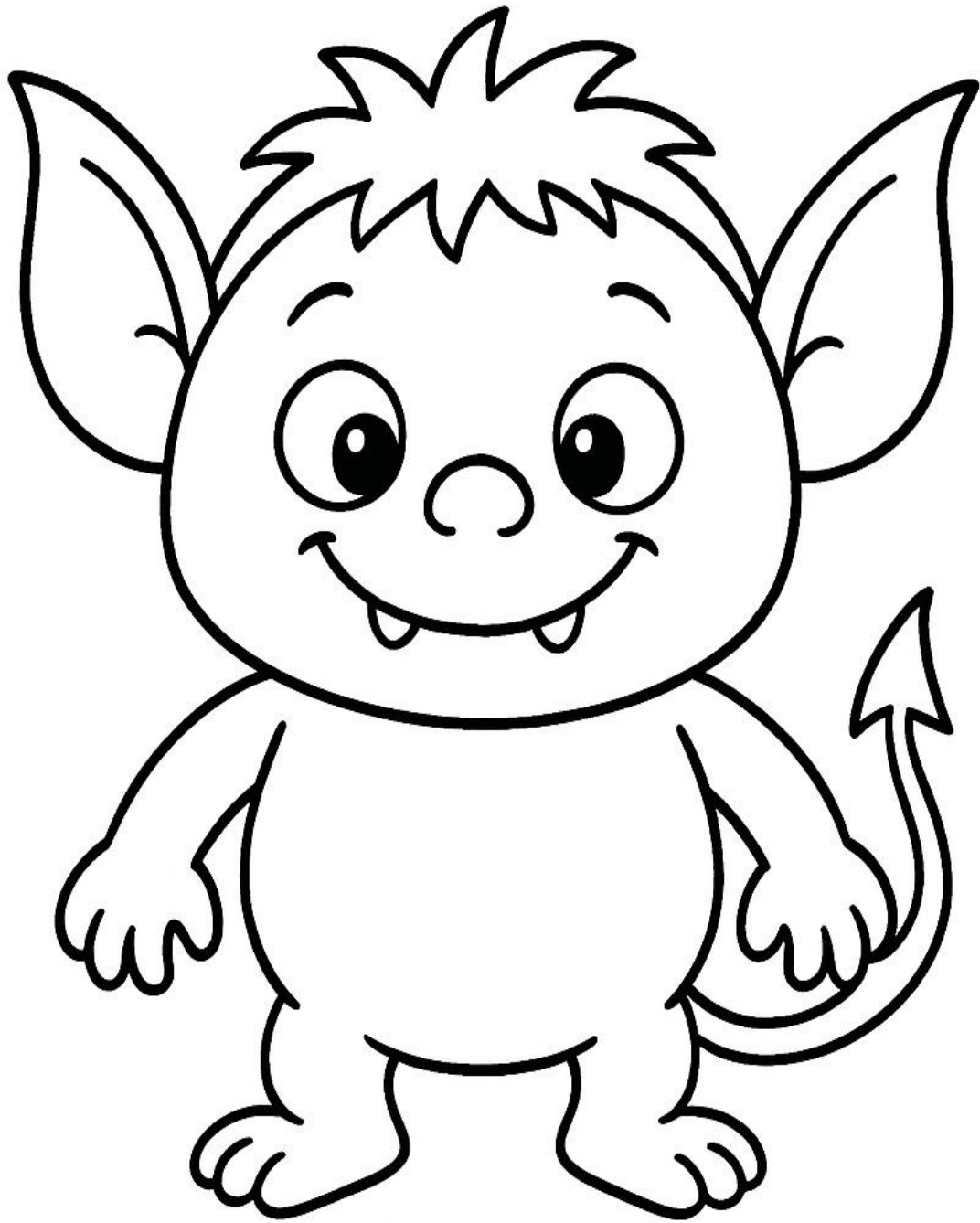




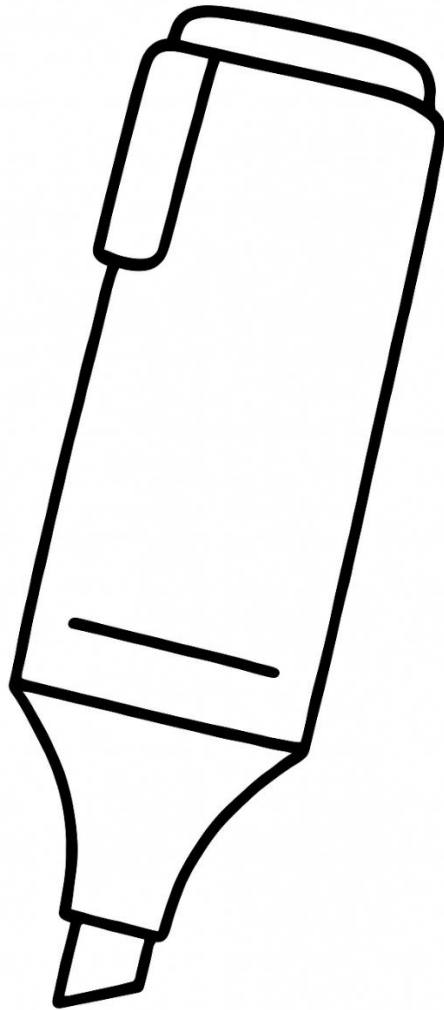
If you had one superpower, what  
would it be?



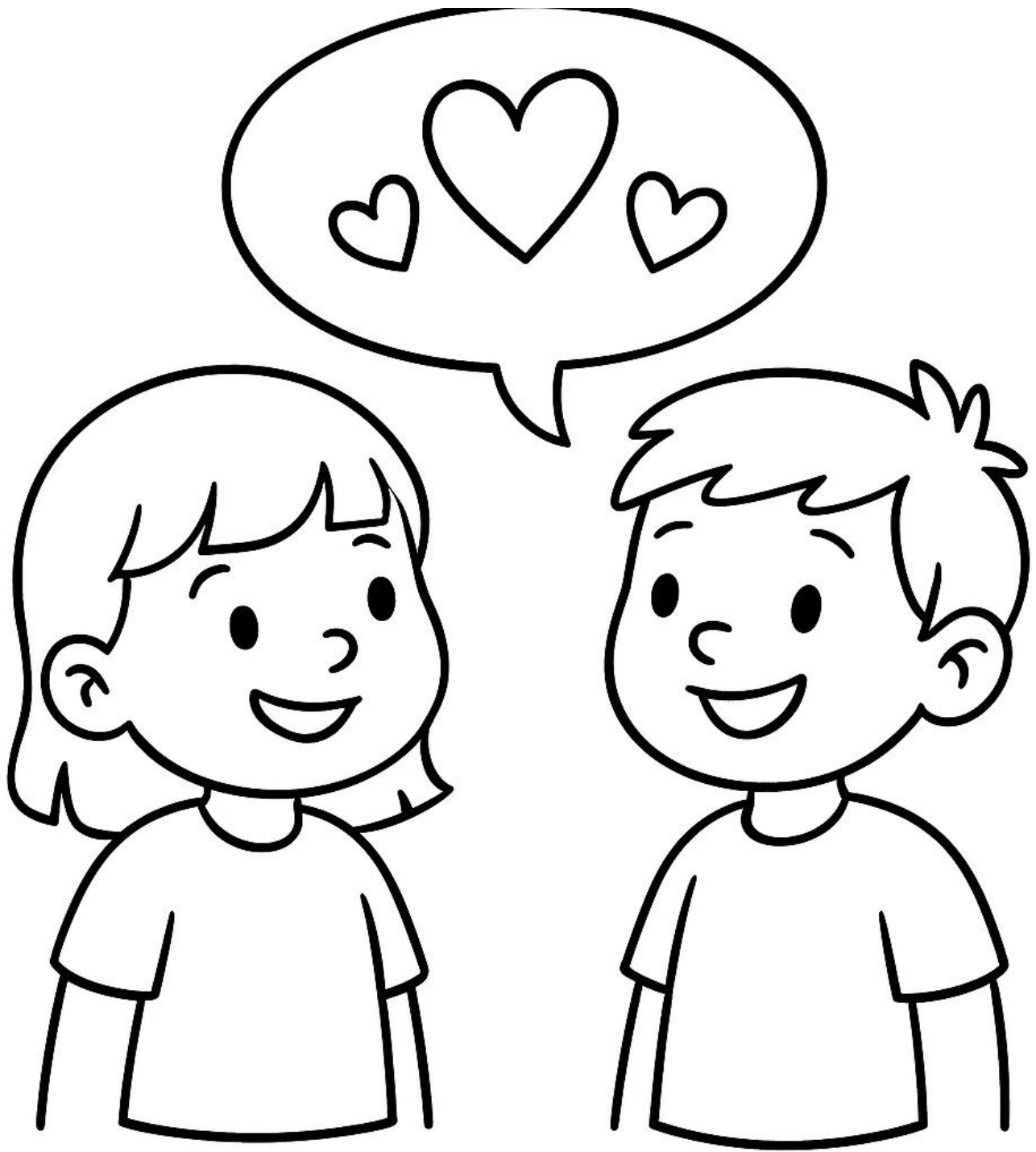
Add your chair, build your peace.



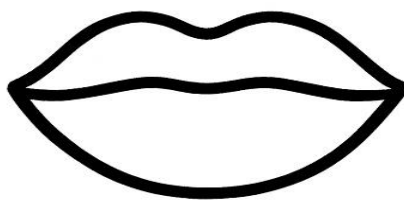
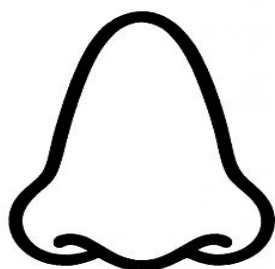
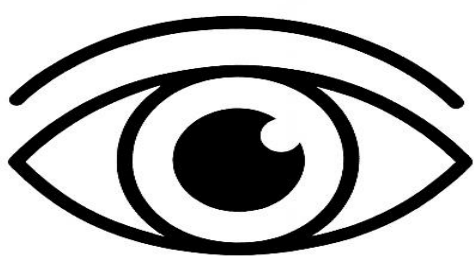
When you notice your gremlin, you  
don't have to listen.



Gratitude lets you highlight the little things that mean the most. Write down what your grateful for.



Always be kind.



See it. Hear it. Smell it. Taste it.  
Touch it.



You're not stuck. You're planted.  
Create your own flowers.

