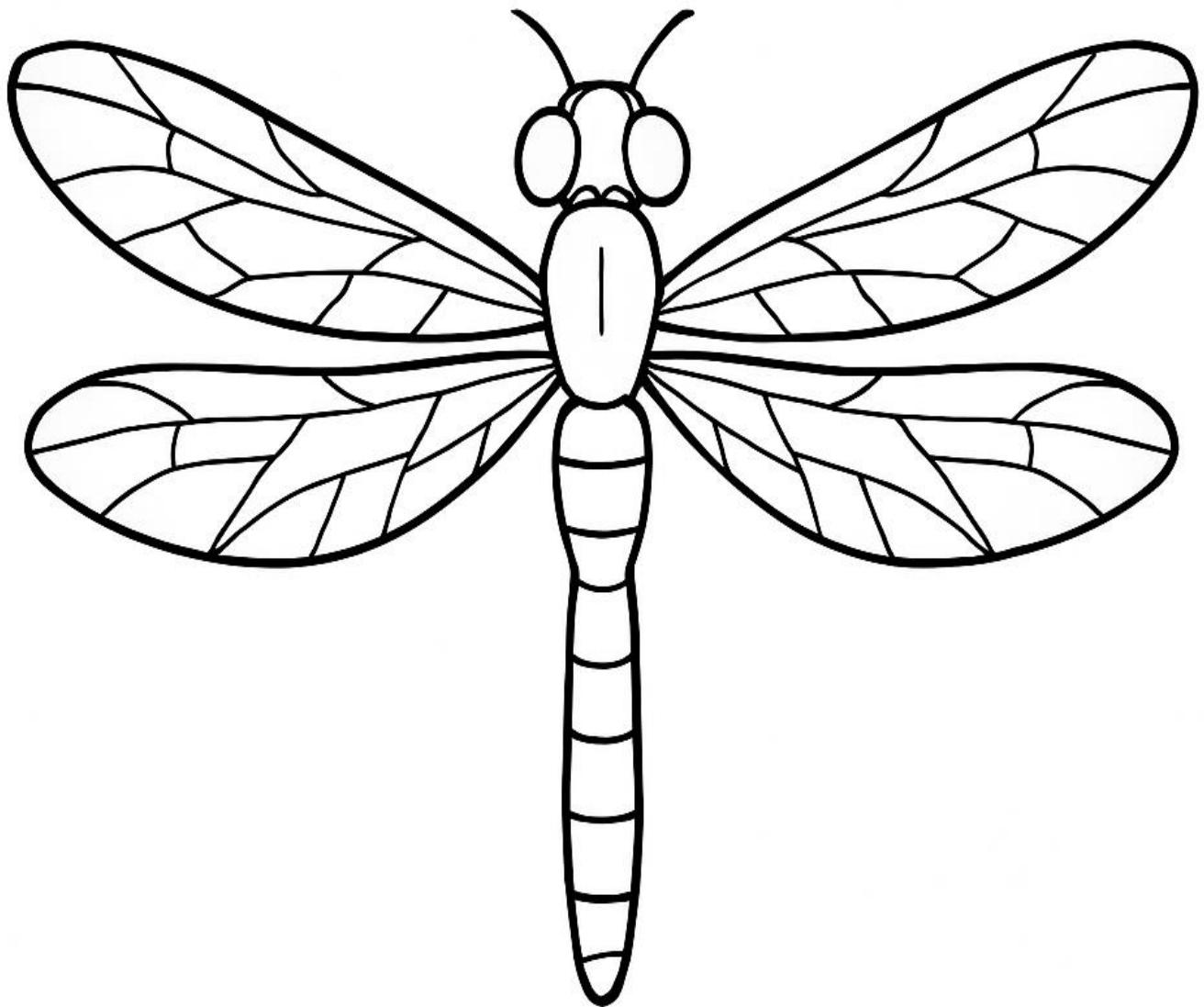
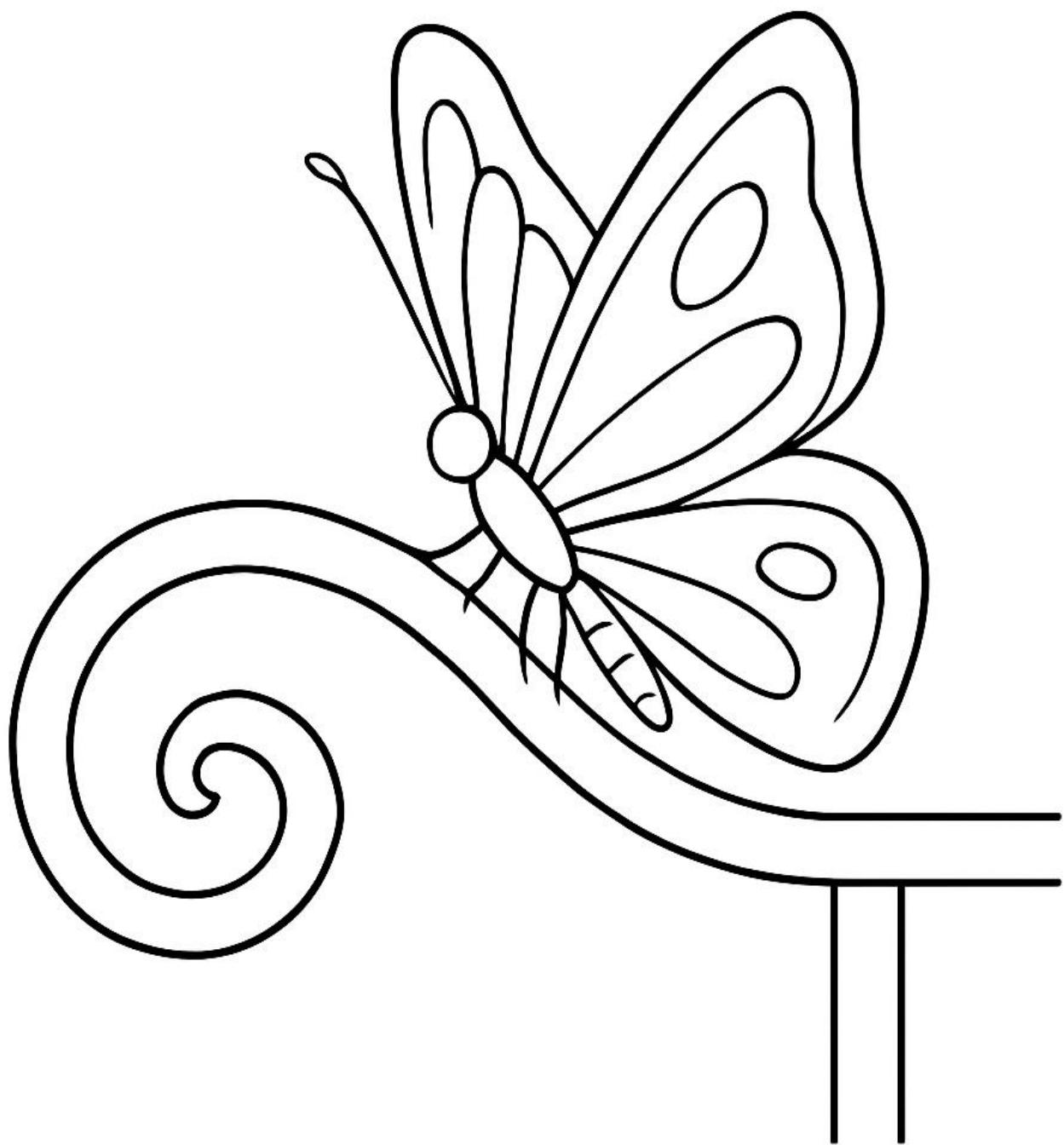


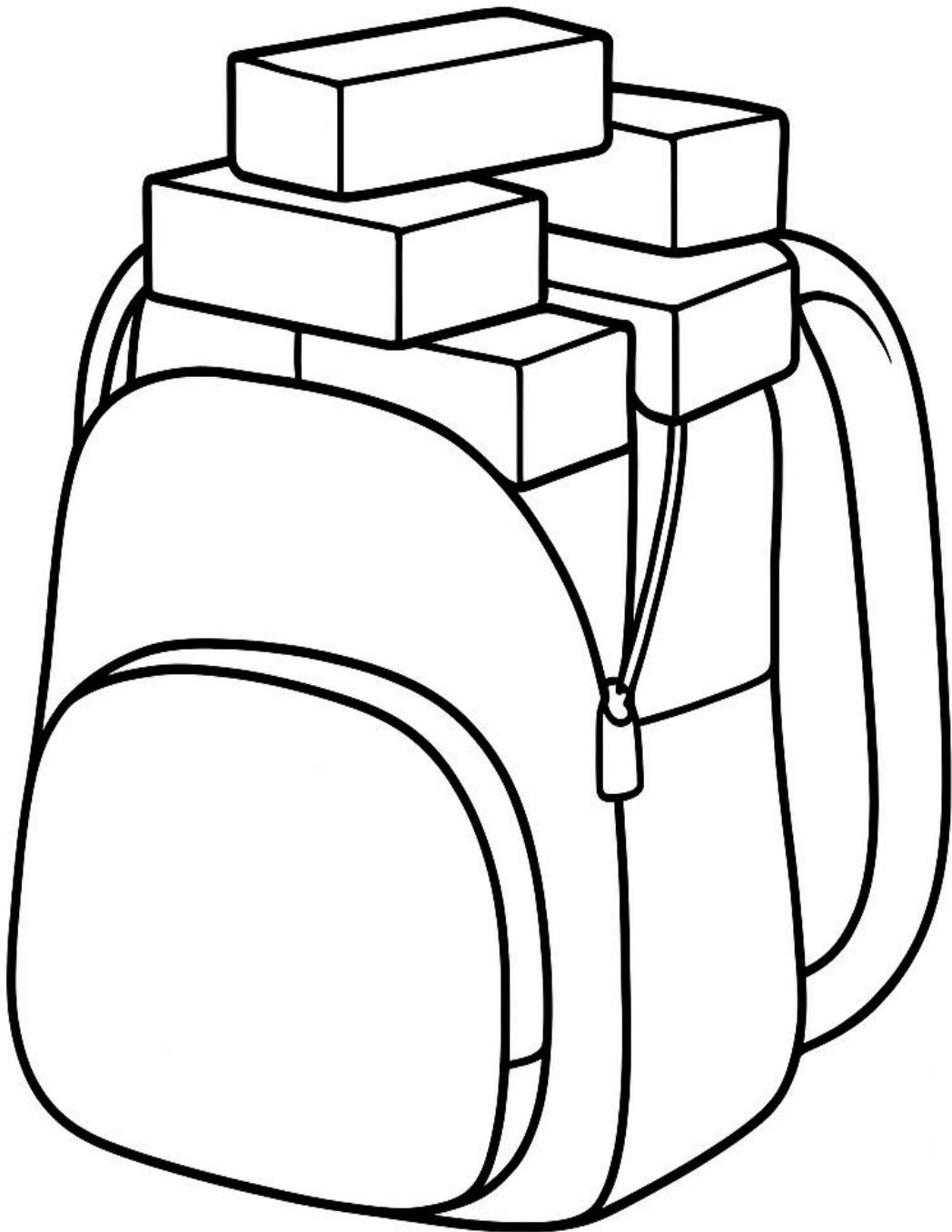
Strength blooms even in hard places.



Grow through change.



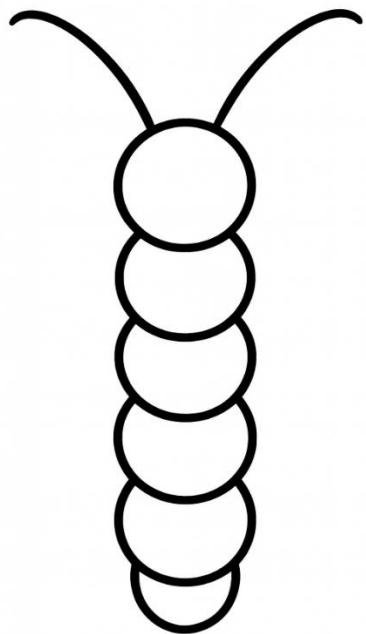
Take a breath, then soar!



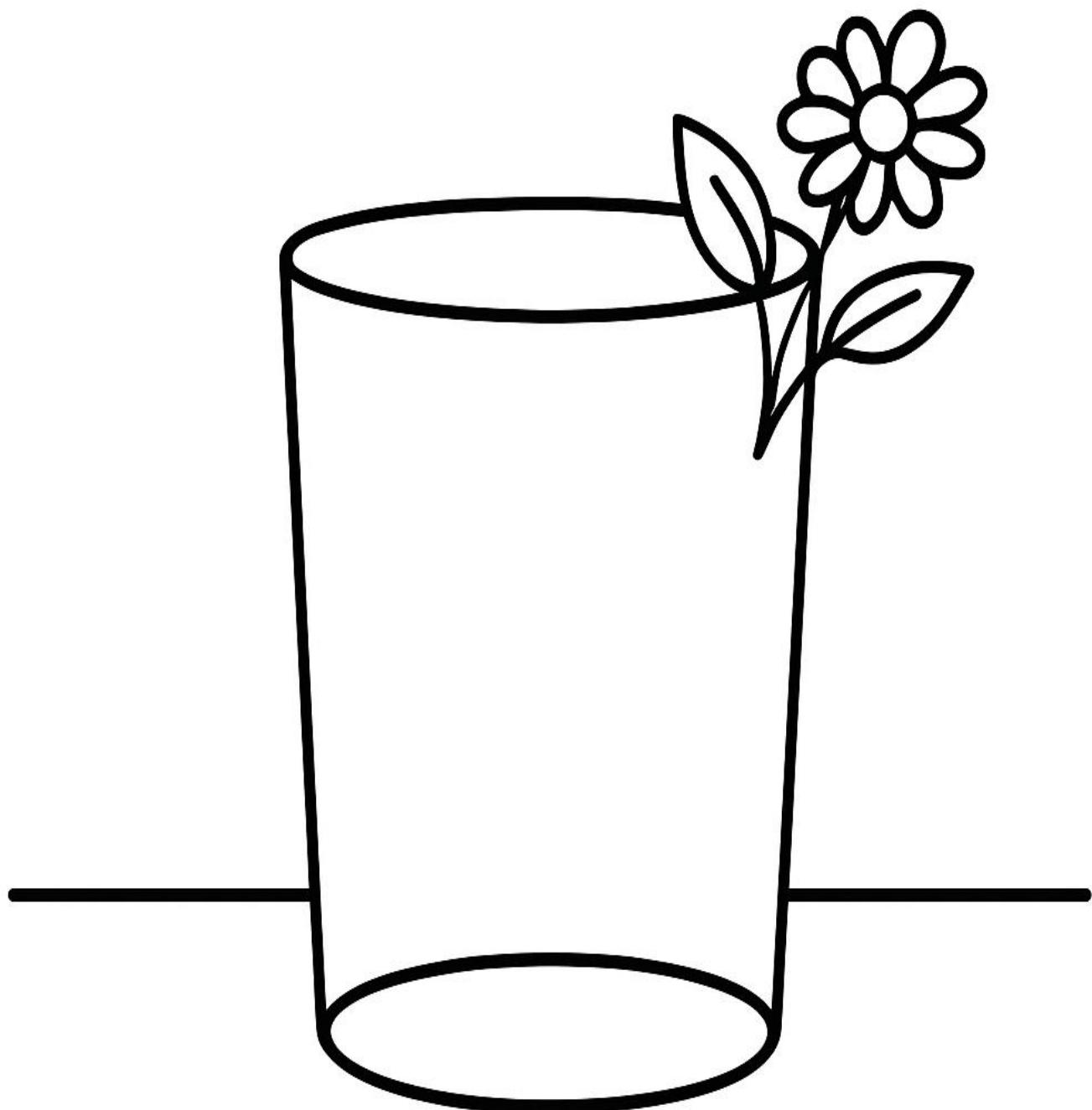
Drop the weight. Keep the lessons.



Take one brave step at a time.



Add wings and turn this caterpillar
into a beautiful butterfly.



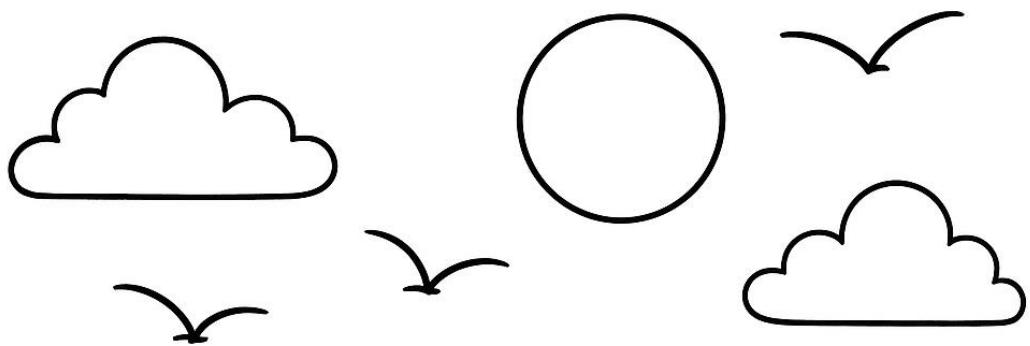
Fill your cup with self-care.



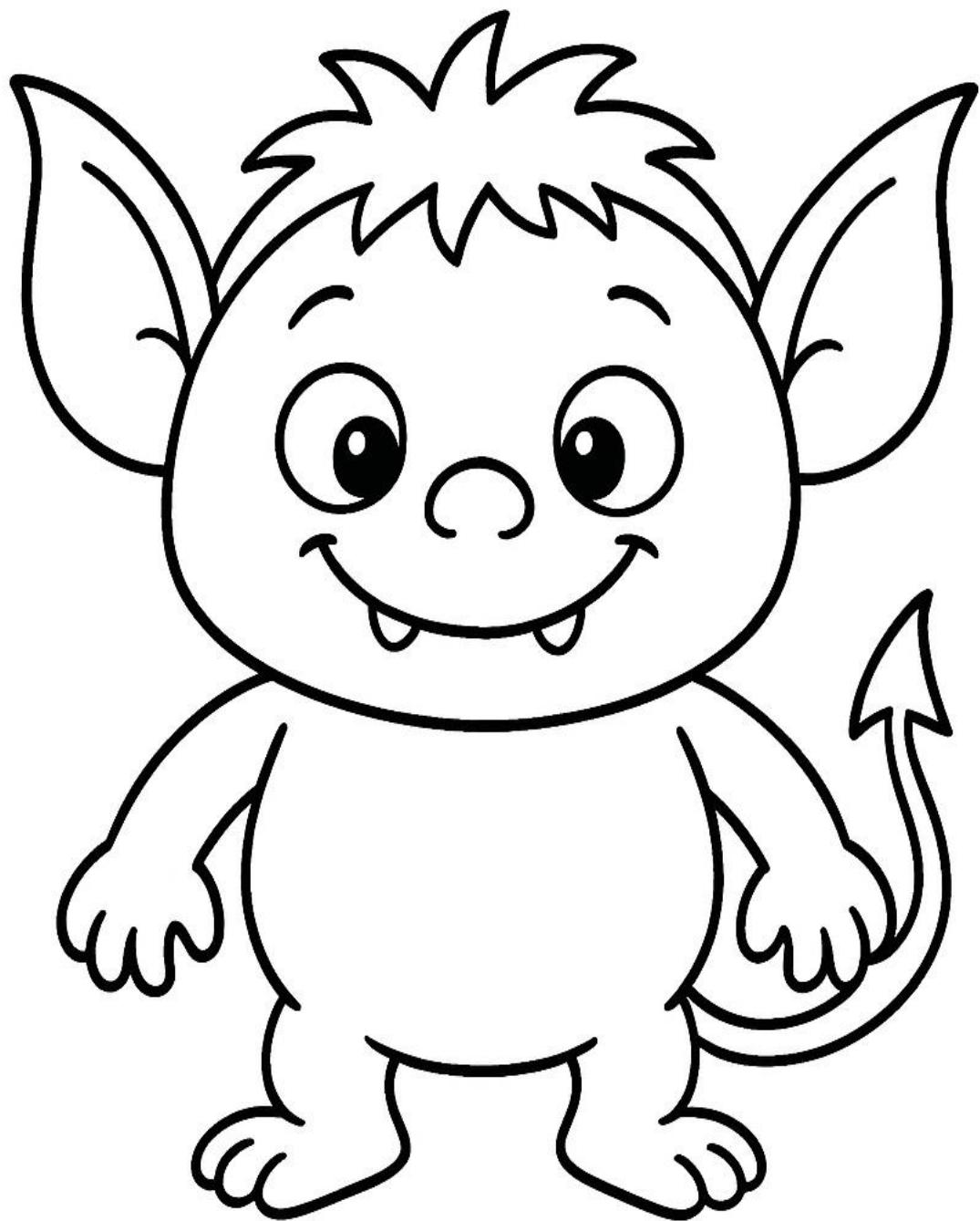
Never forget your worth.



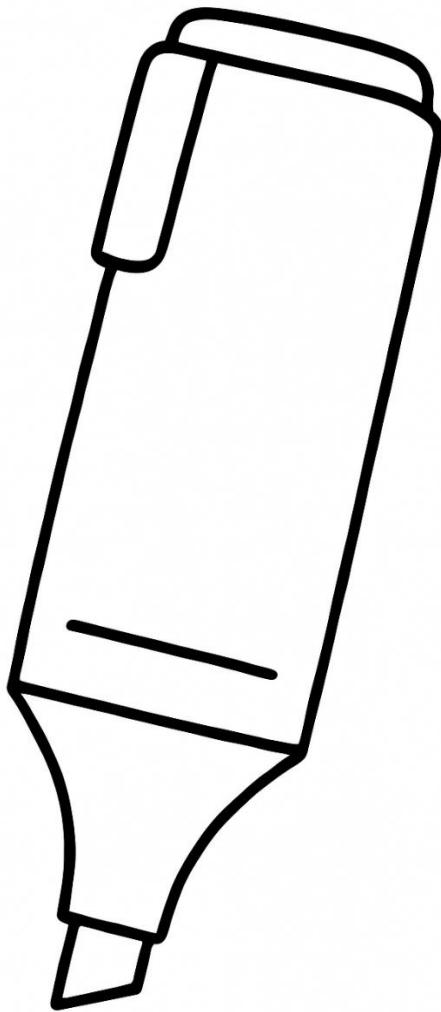
If you had one superpower, what
would it be?



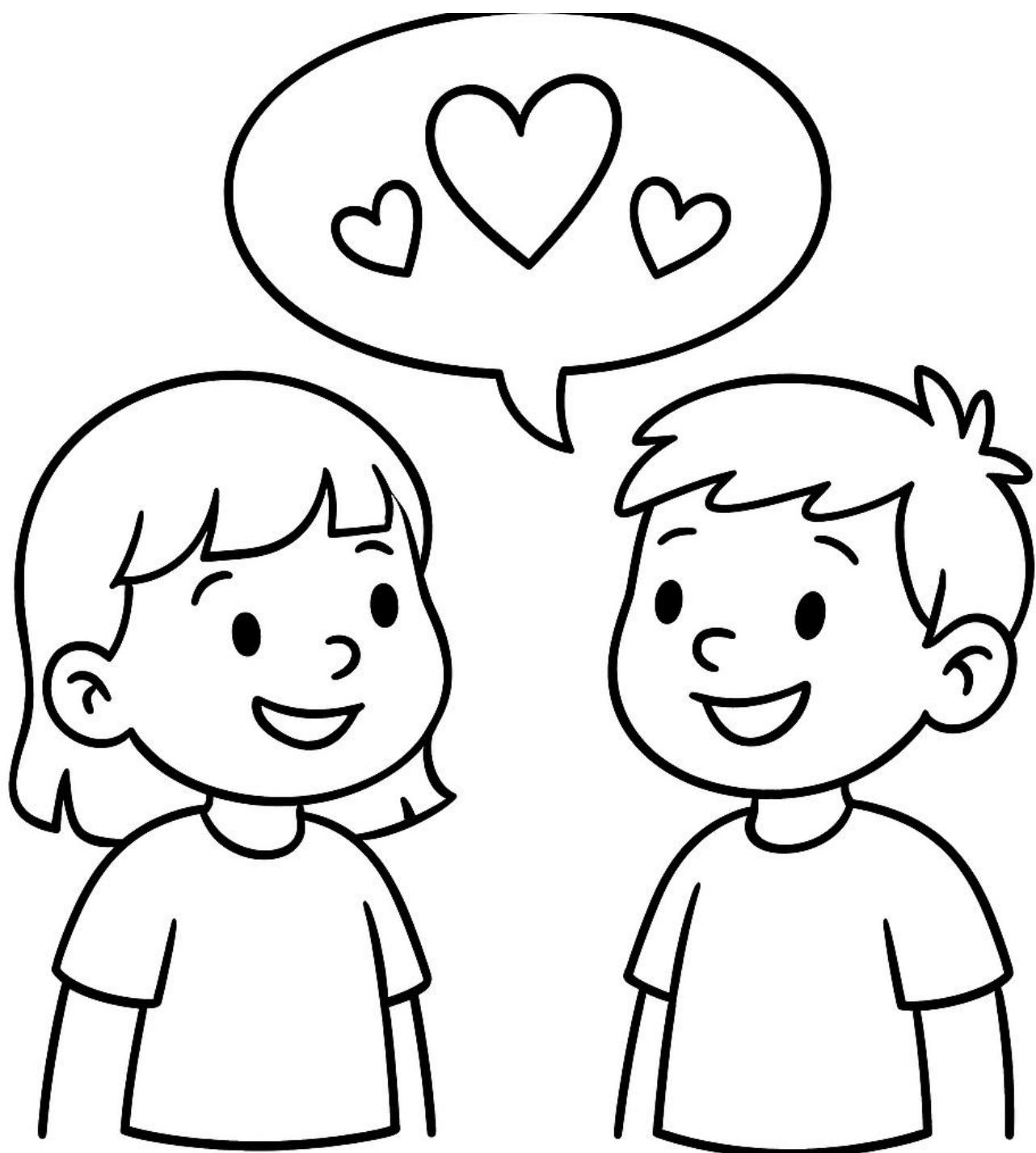
Add your chair, build your peace.



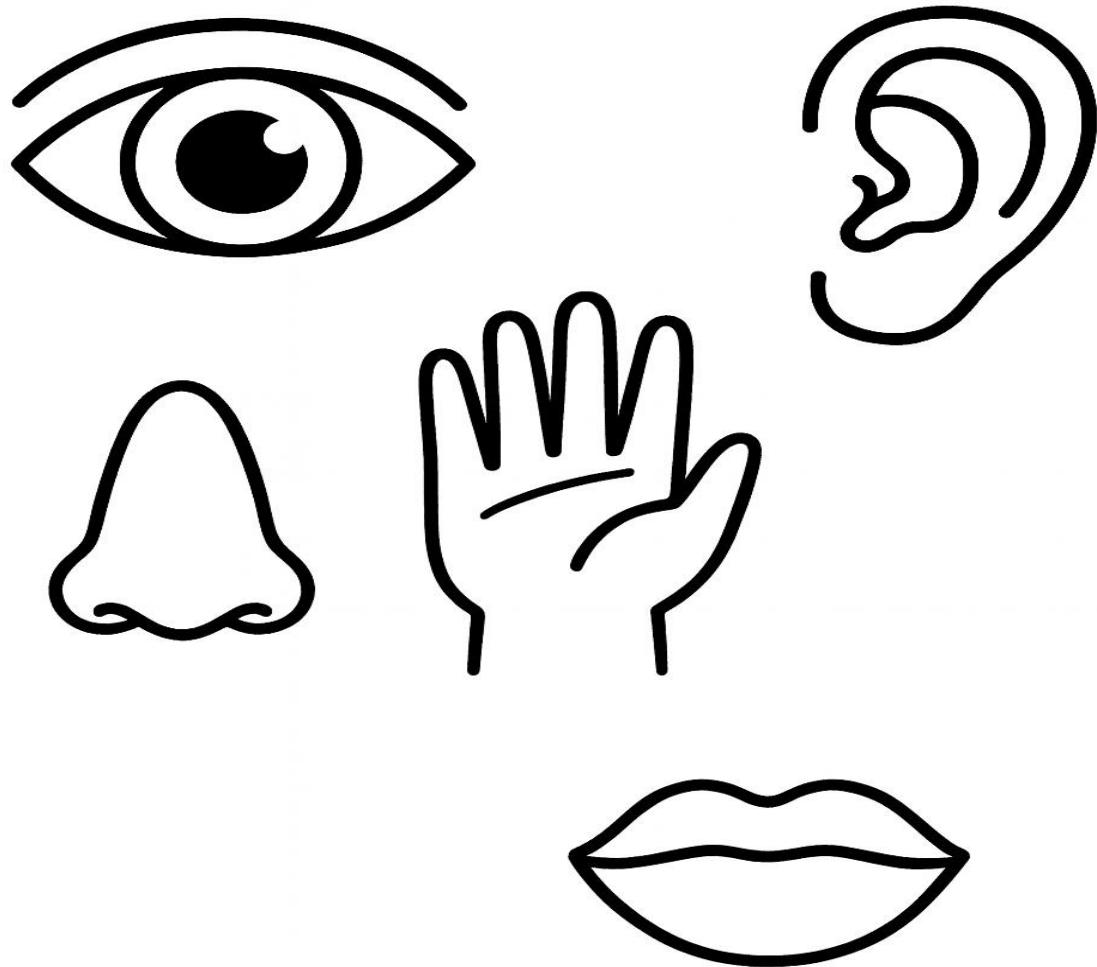
When you notice your gremlin, you
don't have to listen.



Gratitude lets you highlight the little things that mean the most. Write down what you're 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.

