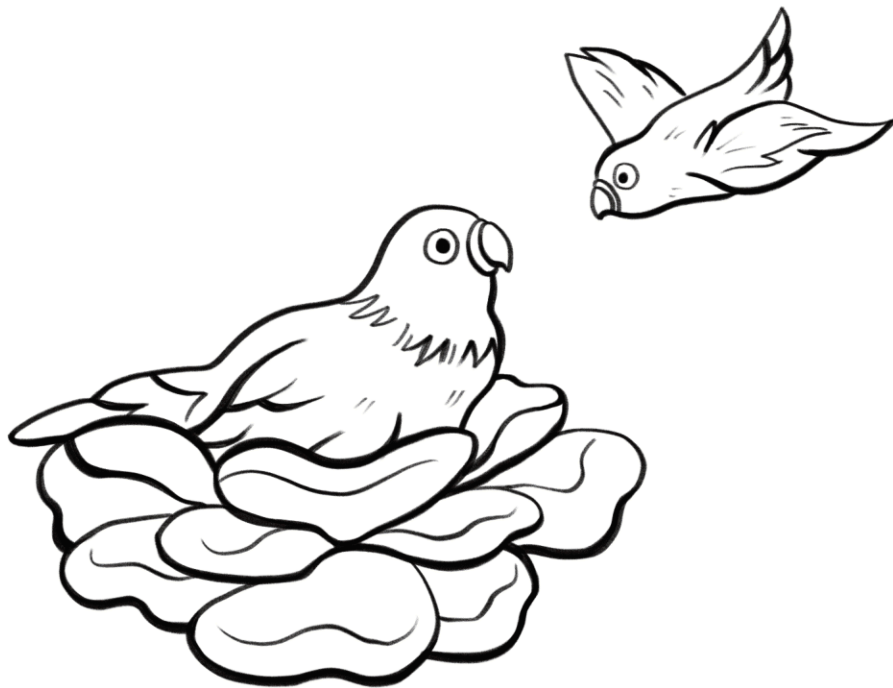
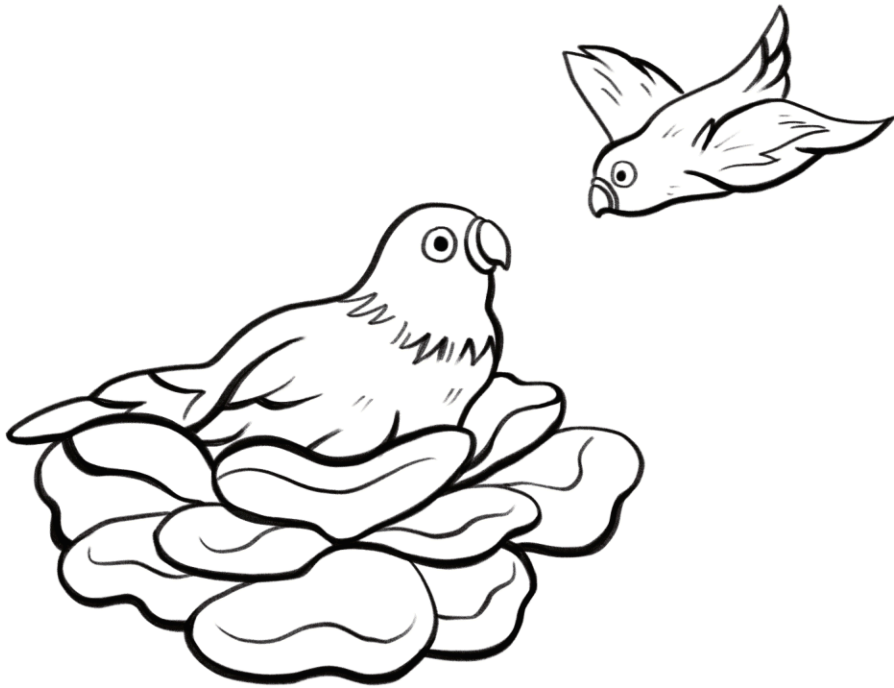


I AM BRAVE AND GENTLE.



Write your own note of self-love:

MY HEART IS KIND.



Write your own note of self-love:

I CAN TRUST MY HEART.



Write your own note of self-love:

I AM WILDLY LOVED.



Write your own note of self-love:

I AM MADE OF WONDER.



Write your own note of self-love:

I FOLLOW THE SPARK INSIDE ME.



Write your own note of self-love:
