

YOU ARE CAPABLE OF
**AMAZING
THINGS.**

You are
fun!

YOU ARE AMAZING.
YOU ARE IMPORTANT.
YOU ARE SPECIAL.
YOU ARE UNIQUE.
YOU ARE KIND.
YOU ARE PRECIOUS.
YOU ARE LOVED!

#BEYOU

you make the world
special
BY JUST BEING IN IT!

YOU ARE
MORE
THAN
ENOUGH!

*You are a
whole lot
of lovely!*

**TRUST
YOURSELF,**
YOU KNOW MORE
THAN YOU
THINK YOU DO.

- BENJAMIN SPOCK -

YOU ARE
AMAZING!
remember that.

**THANK
YOU**
for being you!

YOU ARE
WONDERFUL!
yes, you.

**IN CASE YOU FORGOT
TO REMIND YOURSELF
THIS MORNING:
YOUR BUTT IS PERFECT.
YOUR SMILE LIGHTS UP THE
ROOM. YOUR MIND IS
INSANELY COOL.
YOU ARE WAY MORE
THAN ENOUGH AND
YOU ARE DOING AN
AMAZING JOB AT LIFE.**

**IF YOU COULD SEE
YOURSELF THROUGH
MY EYES, YOU
WOULD KNOW HOW**
incredible
**YOU
TRULY
ARE!**