

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!**