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 —

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!

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