

My presence
**IS MY
POWER.**



Every challenge
is an
opportunity
to
GROW.



I let go of
TODAY
and rest in
the **promise of**
TOMORROW.



I choose
PROGRESS
over
PERFECTION.



I give myself
permission
to
rest.



My life is
FILLED
with small moments of
JOY.



I
release
what I **cannot**
control and
embrace
what I **can.**



I breathe in
CALM,
I exhale
STRESS.

