



YOU DESERVE THE
LOVE YOU KEEP
TRYING TO GIVE
EVERYONE ELSE.

TRY TO LOVE
YOURSELF
AS MUCH AS
YOU WANT
SOMEONE
ELSE TO

TOO MANY
PEOPLE
UNDERVALUE
WHAT THEY
ARE, AND
OVERVALUE
WHAT THEY'RE
NOT


YOU'RE SO HARD ON YOURSELF.
TAKE A MOMENT.
SIT BACK.
MARVEL AT YOUR LIFE.
AT THE GRIEF THAT SOFTENED YOU,
AT THE HEARTACHE THAT WISENED YOU,
AT THE SUFFERING THAT STRENGTHENED YOU.
DESPITE EVERYTHING,
YOU STILL GROW.
BE PROUD OF THIS.

- UNKNOWN -

WHERE
YOU ARE,
IS NOT
WHO YOU
ARE.

- circumstances

**Be the
Love you
Never
Received**



I don't know a
perfect person.
I only know flawed
people who are
still worth loving.

A SEASON OF LONELINESS
AND ISOLATION IS WHEN THE
CATERPILLAR GETS ITS WINGS.
REMEMBER THAT NEXT TIME

YOU FEEL ALONE.



WE SOMETIMES
THINK WE WANT
TO DISAPPEAR,
BUT ALL WE
REALLY WANT
IS TO BE FOUND



The bravest
thing you
can be is
YOURSELF.

So many years
of education
yet nobody
taught us
how to love
ourselves and
why it's so
important

*If your compassion
does not include
yourself, it is*

Incomplete