

**I am a source of  
inspiration and joy**



I radiate positivity and attract positive experiences into my life. With a bright and optimistic outlook, I uplift myself and those around me. My positive energy influences the world in beautiful and transformative ways.



🌿🌿🌿🌿🌿 Elastic, moldable, changeable...

I think a lot about the first time I held a caterpillar in my hands. Fuzzy and soft, wiggly and warm. It crawled from my right hand to my right elbow and all the way up to my neck and I let its legs and pre-butterfly squishy wormy body dance quickly onto my cheeks. As long as it wanted to walk across my skin, I allowed it. It glistened green and opalescent orange 🍊 in the warm summer sun. ☀️ 🐛 from that day on, I made a quiet promise to myself to become like the caterpillar—always moving with grace and curiosity—while also remaining Elastic, Moldable, Changeable. It has taken me a long time to build up my confidence to allow myself to be seen. But here I am, allowing myself to see myself for who I am- flexible, kind, and loving. 😊 I hope you can see these things in yourself, too.





blessing to every single soul  
that has ever felt like they  
aren't enough or has ever felt  
like they need more or has ever  
felt a deep longing to belong or  
has been made to believe that  
they aren't a part of the same  
world family may you know that

you are

**\*never\*** too much, you are just  
the right amount of magic and

Love

may you know that you have


endless worth

may you know that you are filled

with beauty to add to every

room you find yourself inside!






when others tear you down  
know that they're just letting  
you know that they will never  
have the capacity to handle  
your Love 💕 and that's simply  
because their suffering is  
inescapable and your existence  
reminds them of their own pain

& it's not up to you to fix anyone.





Your path rarely ends up  
looking like you expect it to look

do not rush your progress!!!

Your day may not feel good-but  
there is something good in  
every moment and every day





You're on the brink of something special.

Living the life I love and Loving the Life I Live







become unapologetic about what you want !

**own it!**

**trust that it will be yours!**



the Great Maya Angelou wrote  
that “People will show you who  
they are the *\*first\** time—so  
believe them!”







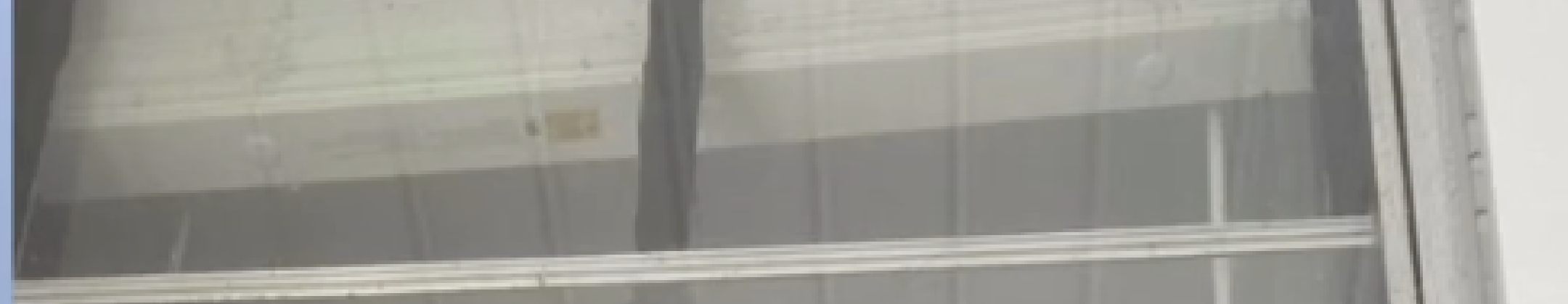
**And never settle for LESS!**

Not with your job, your friends and your heart ❤️

**do not shrink yourself for  
the sake of other people!**

**You deserve the best.**





I embrace the power within me and trust in my ability to create positive change in my life. I radiate love, joy, and abundance into the world, attracting all that aligns with my highest good. With each new day, I embrace limitless possibilities and step boldly into the life of my dreams.





**Look how far you've come**



**and then keep going!!!**



you  
don't  
need to  
match  
their  
ENERGY

+ regulate yourself  
regardless of how  
anyone behaves





You are beautiful! Don't give up.

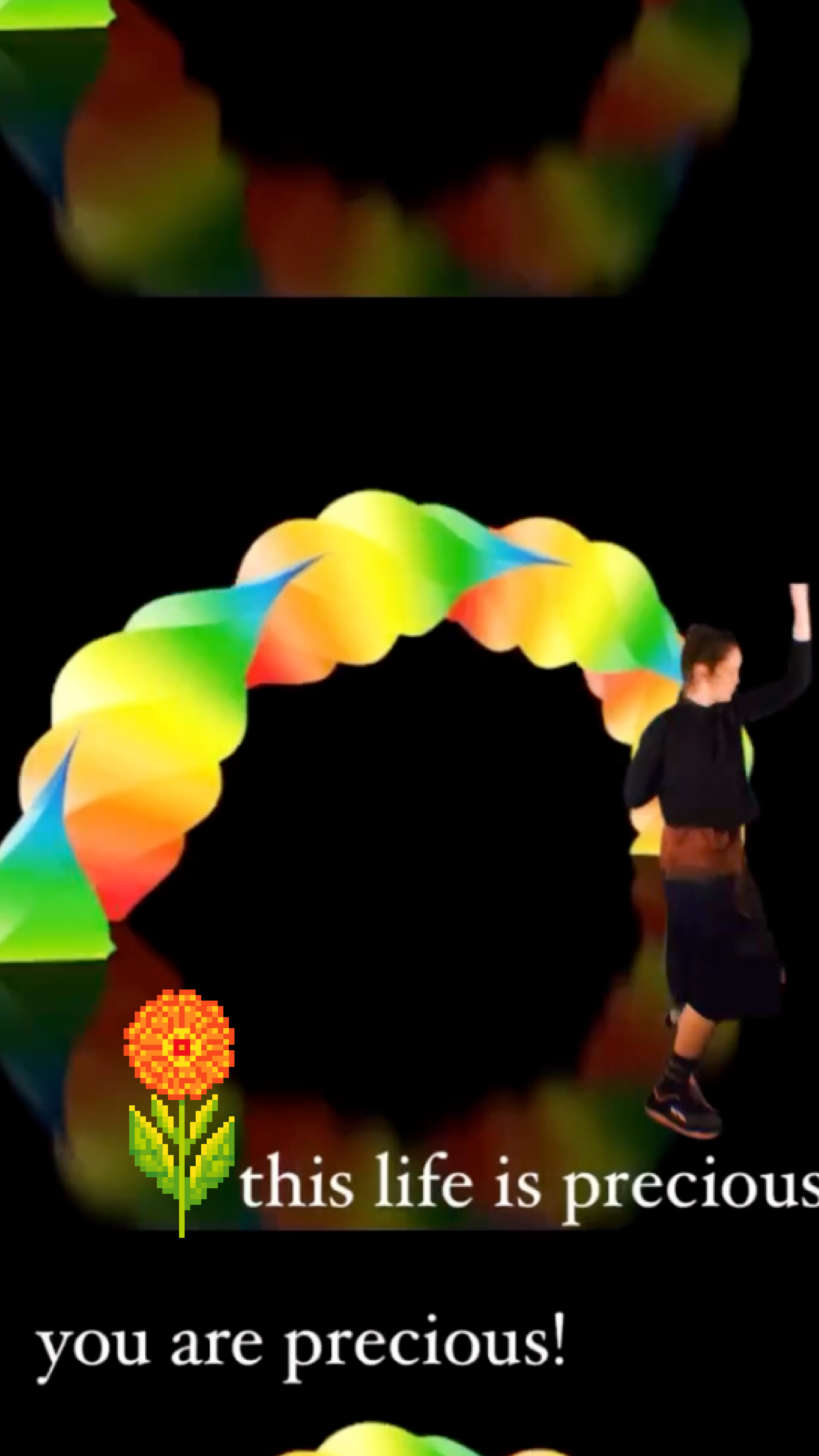
This life is a gift.

Every second here is a blessing.

Cherish each breath.







this life is precious

you are precious!





like a flower that draws  
nourishment from the  
earth



I am resilient and ever  
blooming



trusting in the rhythm  
and the timing of the  
universe





**I am patient with my growth process**



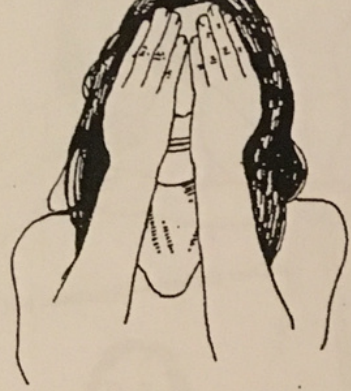
**returning stronger with each season of my life**



## *You Are a Positive Factor*

**CULTIVATE SOLIDITY.** You are somebody; you are something. You are a positive factor for your family, for society, for the world. You have to recover yourself, to be yourself. You have to become solid again. You can practice solidity in everyday life. Every step, every breath you take should help you become more solid. When you have solidity, freedom is there too.

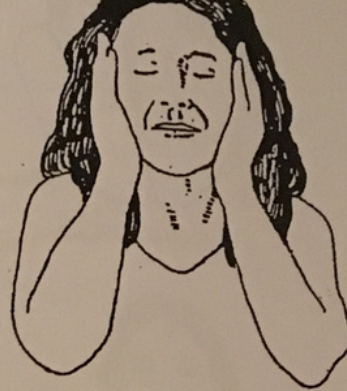




1. Over the eyes.



2. Over the cheeks, thumb is just under the ears.



2a. Alternate second position.



3. Back of the head, over the occipital ridge.



3a. Alternate third position.

You create your world. Your thoughts shape your reality. Keep thinking positive of everything you wanna achieve as if you already achieved it and it'll all start unfolding for you 💜



**Know your value &  
what you have to  
offer**

**You are valuable**

**Surround yourself  
with positive  
influences**

**Remove yourself  
from space & places  
& folks that don't  
reciprocate**

**It's not selfish, it's  
self respect 🙅**

**Never settle for  
anything less than  
what you deserve**