

Quotations and sayings I love...

Breathe
and make time for yourself

I deserve love because...

Breathe
and make time for yourself

I feel happiest in my skin when...

Breathe
and make time for yourself

Today I am grateful for...

Breathe
and make time for yourself

My teenage self would love that I...

Breathe
and make time for yourself

I vow to let go of...

Breathe
and make time for yourself