



FREE POSITIVE THOUGHTS

Reminders that
you matter!

#ARTFIRMATIONS
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ART BY ROMY BURKUS

TAKE WHAT YOU NEED OR SHARE IT WITH OTHERS.

YOU ARE KIND.



YOU'RE VOICE
IS IMPORTANT.



YOU ARE CAPABLE.



YOU ARE LOVED.



YOU CAN DO
AMAZING THINGS.



YOU ARE FREE
TO BE YOURSELF.



YOU ARE
APPRECIATED.



YOU ARE WORTHY
OF LOVE & KINDNESS.



YOU MAKE A
DIFFERENCE.



YOU ARE STRONG.



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