

# FREE POSITIVE THOUGHTS

Reminders that  
you matter!



#ARTFIRMATIONS  
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NONAMEARTGROUP.ORG

ART BY CATHEY WHITE

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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