

# Take What You Need

PICK THE INSPIRATION STRIP THAT RESONATES WITH YOU TODAY

In the hustle and bustle of daily life, we can sometimes overlook our own well-being. This board is a gentle nudge, a small reminder that your feelings are valid and your peace is important. Whether you need an affirmation for yourself or wish to share some encouragement with someone else, take a strip, let the words sink in, and remember that every day is a new chance for joy and self-compassion.



*Always remember... your light shines bright!*

*I embrace my journey with grace and strength.*

*Joy is within me, even on the tough days.*

*I am enough, exactly as I am.*

*Kindness is my superpower.*

*Challenges are just opportunities in disguise.*

*I am the architect of my life; I build its foundation and choose its contents.*

*Today, I choose serenity over stress.*

*I will savor the small joys in each moment.*

*My potential to succeed is infinite.*

*I spread love to those around me and it returns to me in abundance.*