

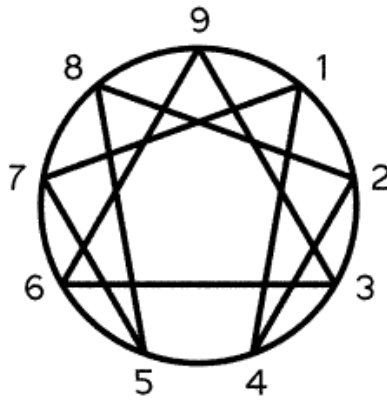
Truths that Anchors Us

9 - Your voice and your presence are a gift to everyone.

8 - You have already chosen your people wisely, and it is safe to trust them with your whole self.

1 - You can rest because not everything is on your shoulders.

7 - There is wonder and awe right where you are, waiting for you to notice it.



2 - You are so much more than the space you take up in other people's lives.

6 - You have braved the storms of life before, and you are capable of doing it again and again.

3 - Trust that when you take the mask off, you will be met with unconditional love.

5 - Trust that there is a well of abundance that exists after you think you've run out.

4 - Your scars set you apart, and your willingness to face them gives you strength.