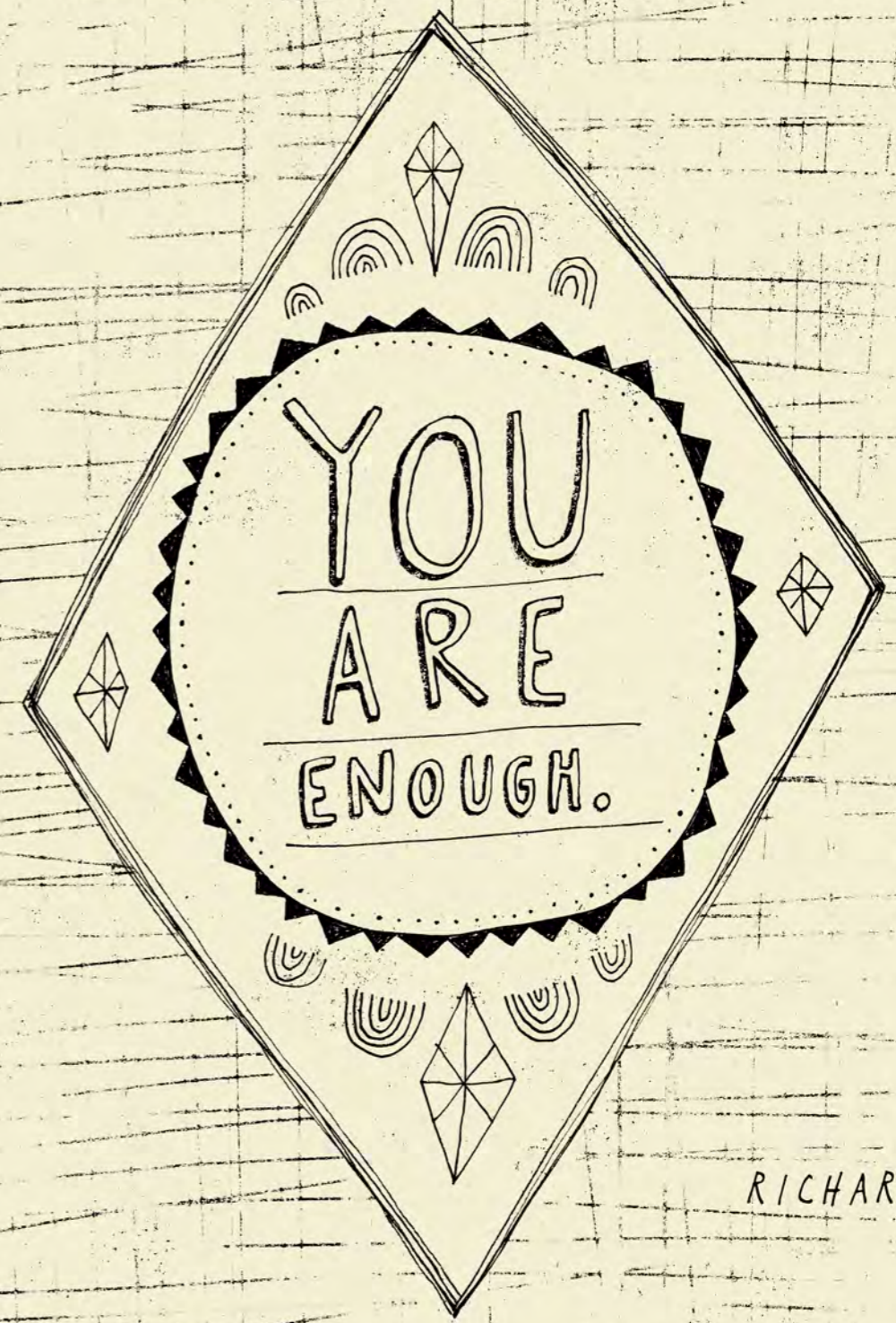


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RICHARD FAUST

*It's time to rest.*

YOU'RE ALLOWED TO ACCEPT HELP.

YOU DON'T  
HAVE TO DO

EVERYTHING

ALONE.



"YOU ARE  
BEAUTIFUL  
BECAUSE  
YOU LET YOURSELF FEEL,  
AND THAT IS A  
BRAVE  
THING INDEED."

SHINJI MOON

"THE ONLY WAY  
TO DEAL WITH AN

**UNFREE**

WORLD IS TO BECOME SO

**ABSOLUTELY FREE**

THAT YOUR VERY EXISTENCE

IS AN ACT OF REBELLION."

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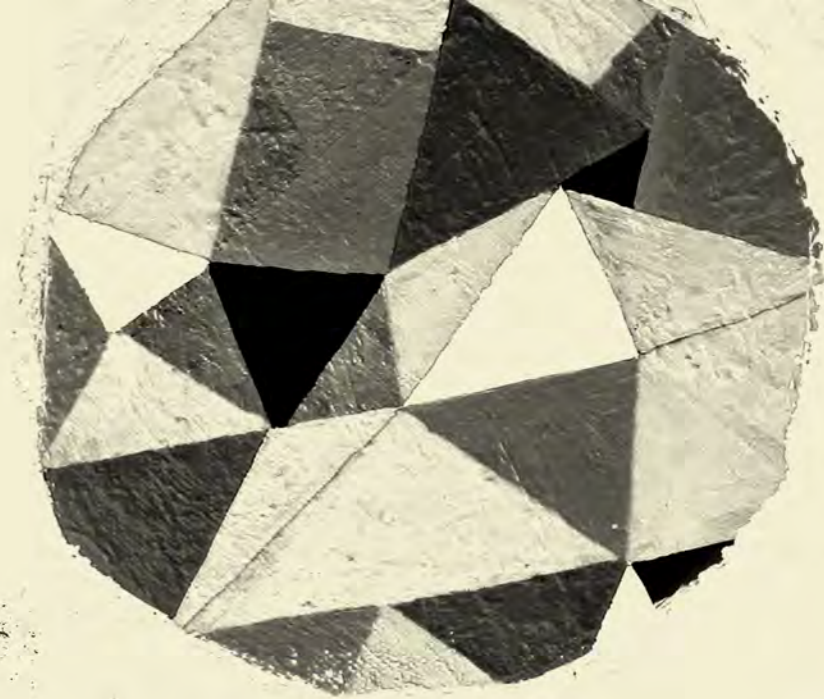
ALBERT CAMUS



# Feelings

are just visitors,  
Let them  
come and go.

Mooji



"The core of your true self is never lost.

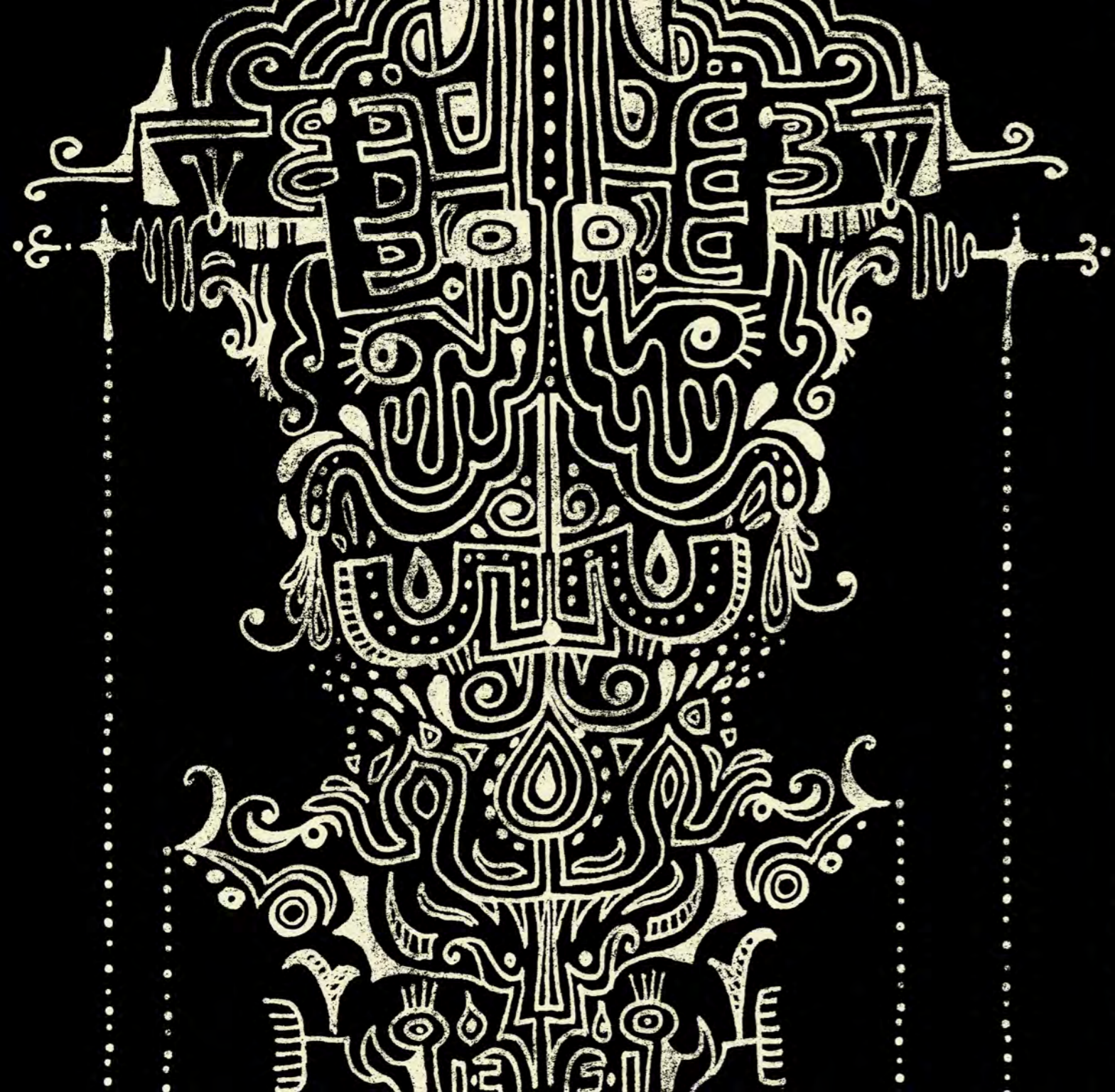
Let go of all the pretending  
and the becoming you've done just to belong.

Curl up with your rawness and come home.

You don't have to find yourself;

you just have to let yourself in."

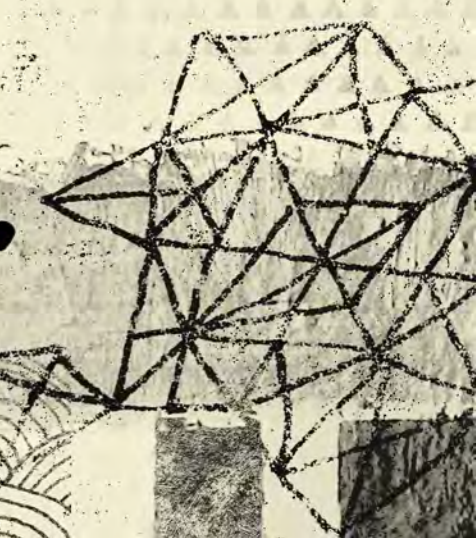
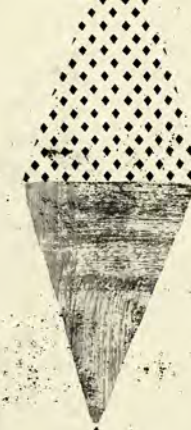
D. Antoinette Foy

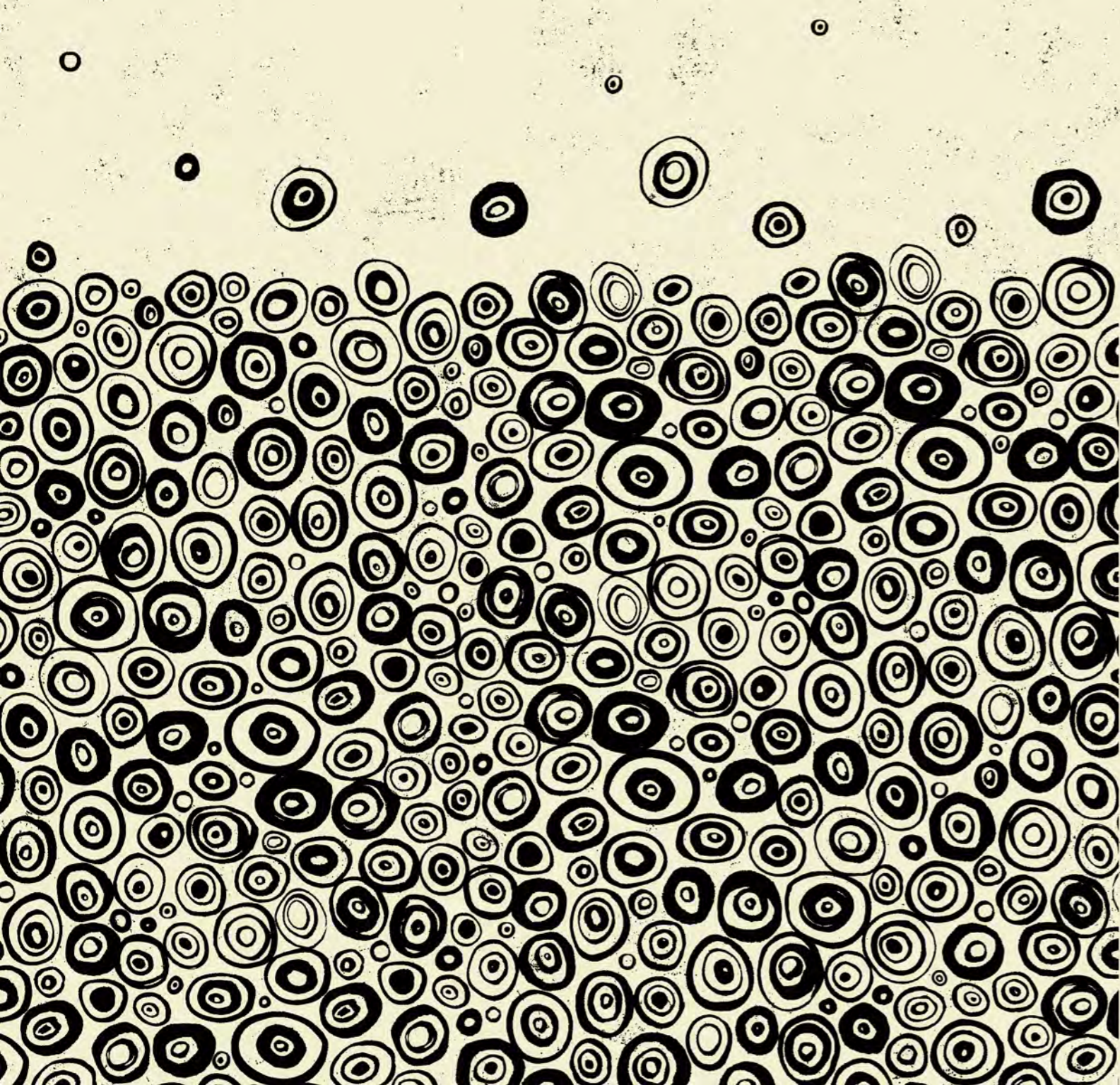


YES,

I AM IMPERFECT AND **VULNERABLE**  
AND SOMETIMES **AFRAID**,  
BUT THAT DOESN'T CHANGE THE TRUTH  
THAT I AM ALSO **BRAVE** AND  
**WORTHY OF LOVE AND**  
**BELONGING.**

BRENÉ BROWN





*Look at how far you've come  
and how much you've accomplished.*



“THE MEANING OF LIFE IS JUST TO BE

**ALIVE.**

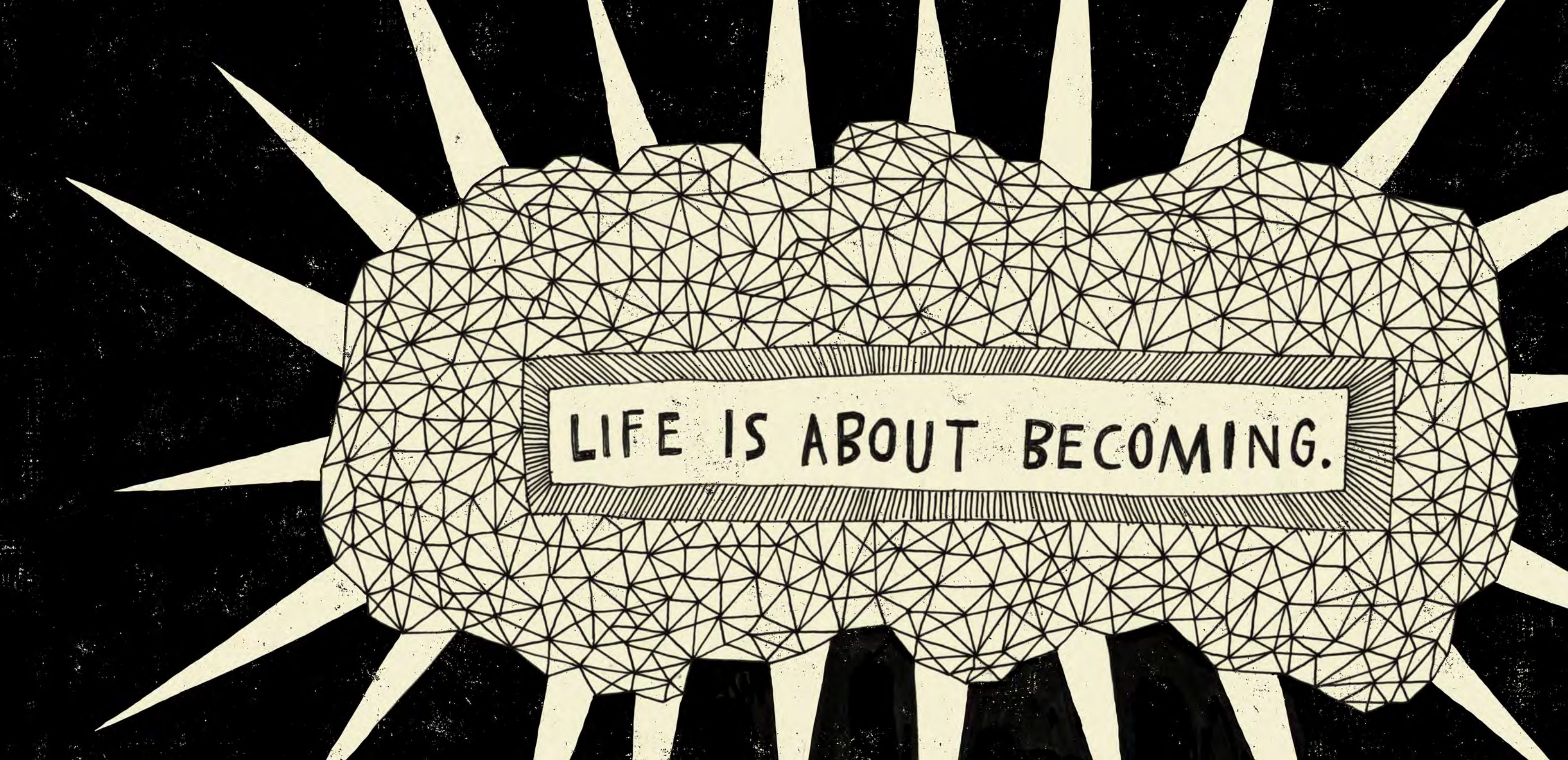
IT'S SO PLAIN AND SO OBVIOUS AND SO SIMPLE.

AND YET EVERYBODY RUSHES AROUND  
IN A GREAT PANIC AS IF IT WERE NECESSARY  
TO ACHIEVE SOMETHING BEYOND  
THEMSELVES.”

ALAN WATTS







LIFE IS ABOUT BECOMING.



NO ONE CARES ABOUT  
OR EVEN REMEMBERS  
THAT MISTAKE  
**YOU MADE.**

SO GIVE YOURSELF A BREAK,

OKAY?

DON'T  
SHOULD  
YOURSELF.

THINGS DON'T ALWAYS GET FIXED.

*Leave room for unfinished business.*



IT IS NOT **YOUR**  
**RESPONSIBILITY**  
TO **SOLVE**  
EVERY PROBLEM.



"I HAVE COME TO  
**BELIEVE**  
THAT CARING FOR  
**MYSELF**  
IS NOT SELF INDULGENT.

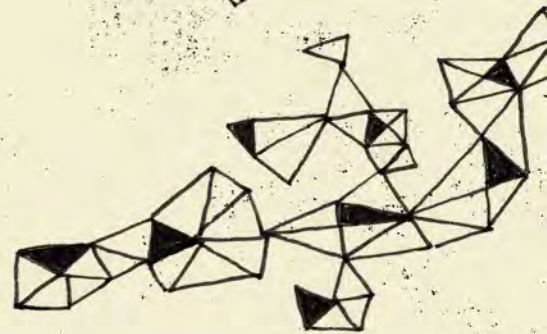
CARING FOR MYSELF IS AN ACT OF  
**SURVIVAL."**

AUDRE LORDE



YOU CAN  
START  
OVER.

YOU CAN START OVER  
AS MANY TIMES  
AS YOU WANT TO.



# ENJOY

being in your body.

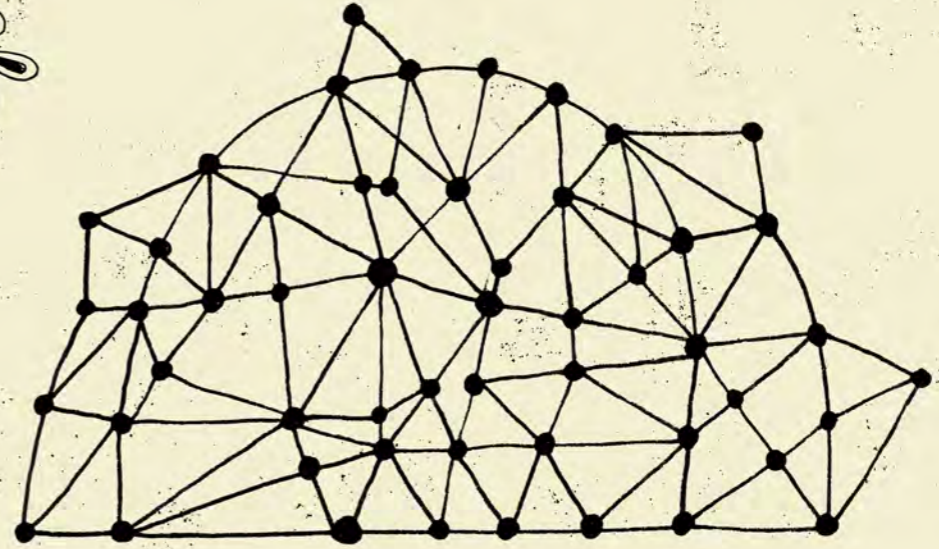
TAKE A LONG SHOWER.

GO AHEAD AND TAKE A NAP,  
YOUR **BODY** WILL THANK YOU.

**BREATHE DEEPLY.**

WASTE SOME TIME.

UNPLUG EVERYTHING.



CONNECT WITH YOURSELF FOR A WHILE.




MAYBE  
**YOUR PAST**  
DIDN'T QUITE GO AS YOU HAD  
**INTENDED.**

THAT DOESN'T MEAN THAT WHAT'S NEXT  
CAN'T BE BETTER THAN YOU CAN IMAGINE.







PLEASE,

BE KIND  
TO YOURSELF.

"THE BEST DAY OF YOUR LIFE  
IS THE ONE ON WHICH

YOU DECIDE

YOUR LIFE IS YOUR OWN.

NO APOLOGIES

OR EXCUSES.

NO ONE TO LEAN ON,  
RELY ON, OR BLAME.

THE GIFT IS YOURS-  
IT'S AN AMAZING JOURNEY-

AND YOU ALONE

ARE RESPONSIBLE FOR

THE QUALITY OF IT.

THIS IS THE DAY

YOUR LIFE REALLY

BEGINS."

BOB MOAWAD

