

Self Talk

Deep breath in

Deep breath out

Today is a new day

All you have to do is believe in yourself

Because I believe in you

If only you could see just how amazing you are

You may think you are imperfect

You may think you're flawed in so many ways

But everything that makes up you is what makes you perfect

I know you are going through a lot

I know it's hard right now

I know you may not see the rainbow that comes after this storm

But it will get easier

You can do it

You will get to do everything you want to do and accomplish in your life

It starts with getting out of bed and putting your feet on the floor

Inhale

Exhale

Today is a new day

It's going to be okay.

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