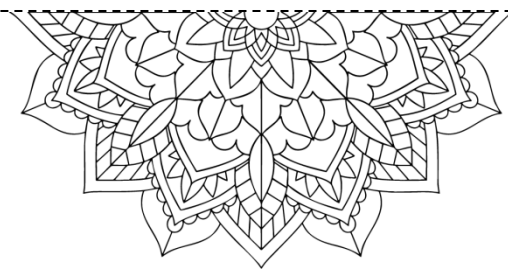


**I HAVE THE
POWER TO
CONTROL
MY
THOUGHTS**



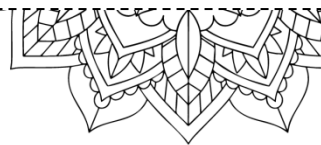
**I BREATHE
DEEPLY
AND
I AM
CALM**



**I AM
THE
ARCHITECT
OF MY
LIFE**



**I CAN
HANDLE
WHATEVER
COMES MY
WAY**





**I AM
STRONG
AND
CAPABLE**



**I'M
DOING
THE BEST I
CAN AND
THAT'S
GOOD
ENOUGH**



**I AM
GENTLE,
KIND,
AND
PATIENT
WITH
MYSELF**



**I
DESERVE
ALL
THAT IS
GOOD**

