

Stop being your own worst critic. Listen to the voice of Love.

Time for yourself is never wasted.

It's o.k. that you are not doing what everyone else is doing

Comparison is the thief of joy

Every chapter in your life is important.

Look up, take a deep breath. Welcome in joy.

No is a complete sentence

You are worthwhile. You are beloved. You have so much to offer.

Work hard at good boundaries. You are worth it.

He pursues you with an unending, unchanging love. Let yourself be caught.

Beautiful one, you ARE enough. You have done enough.

Dear

DEAR

Dear



PRINTED PATTERN

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Ladies/Misses One-Piece Coverall 25"