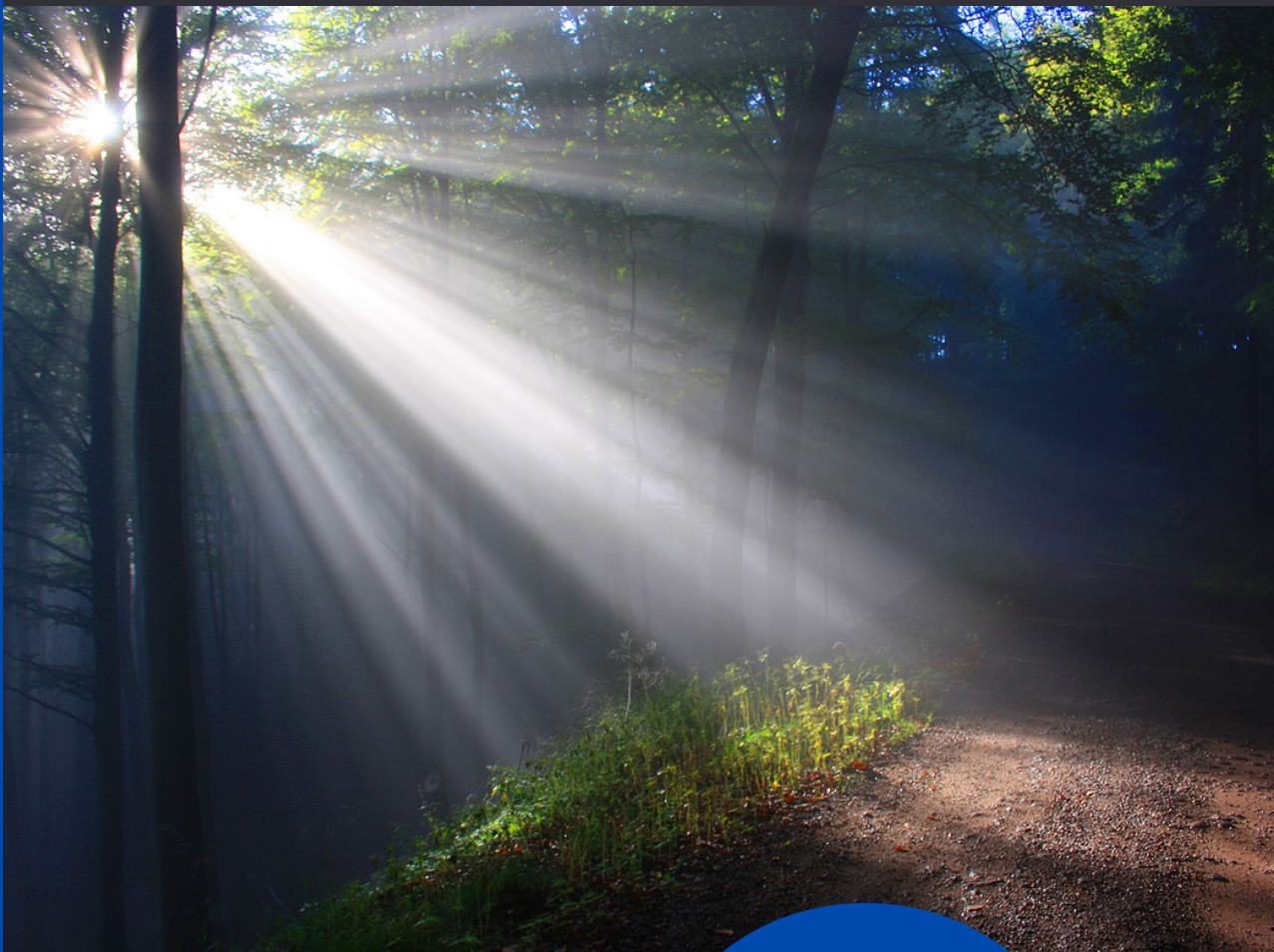


Know Your Worth

TRUTH STATEMENTS



Because
sometimes we
need reminding...

TAKE ONE

COMPASS
TALKS

The truth is true, even when we don't feel it

My Voice Matters!

I have a unique light
that only I can shine,
shine it!

I am worth it!!

I am important - I make
an impact,

Focus on people who
make me feel seen and
valued

I am too important to
let haters shut me
down

Be courageous, I don't
need to fit into a box

I am loved, period.

I can let go of
unhealthy things
when I need to

My presence makes a
difference

I'm not made to be
like everyone else. Be
ME

I can't control
everything, but I can
control where I spend
my energy today