

*“When you say ‘yes’ to others,
make sure you aren’t saying ‘no’
to yourself.”*

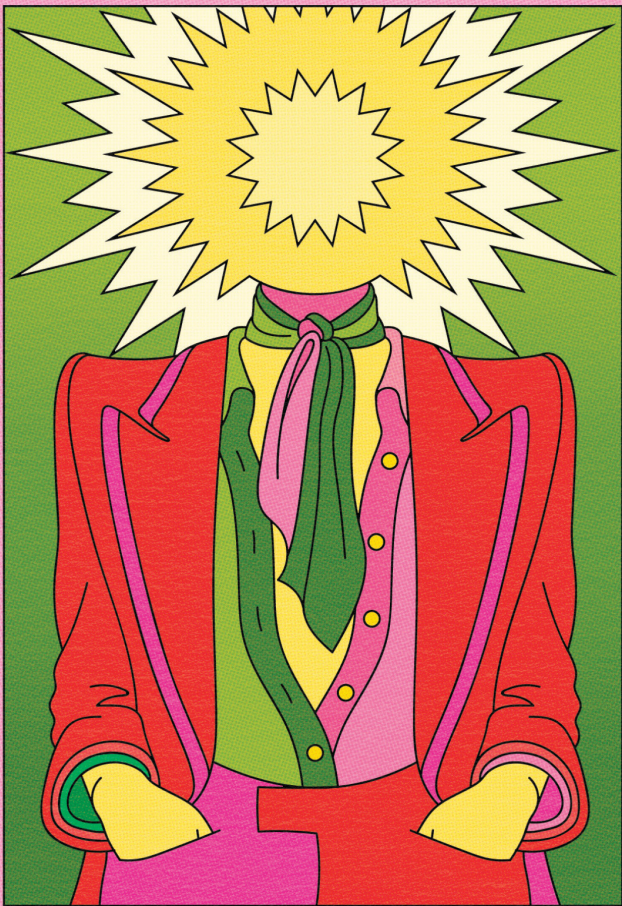
PAULO COELHO

QUESTION

When do I say ‘yes’ to myself?

AFFIRMATION

I can be a kind and giving person
and still put myself first.



"To find yourself, think for yourself."

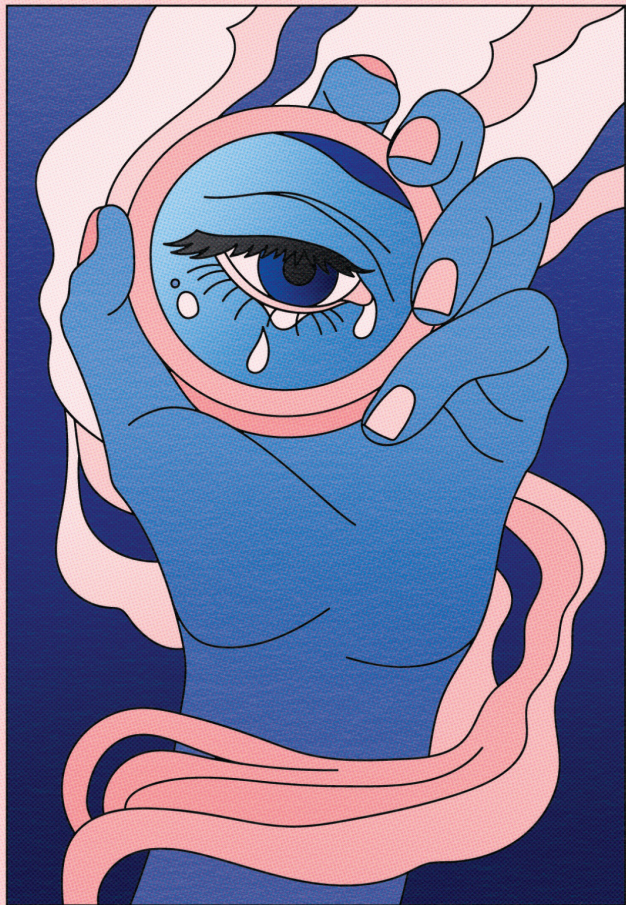
SOCRATES

QUESTION

How many of my beliefs have I formed myself? How many have I absorbed unconsciously?

AFFIRMATION

My unique perspective is one of my greatest strengths.



*“Don’t avoid the pain. You need it.
It’s meant for you. Be still with
it, let it come, let it go, let it leave
you with the fuel you’ll burn to get
your work done on this earth.”*

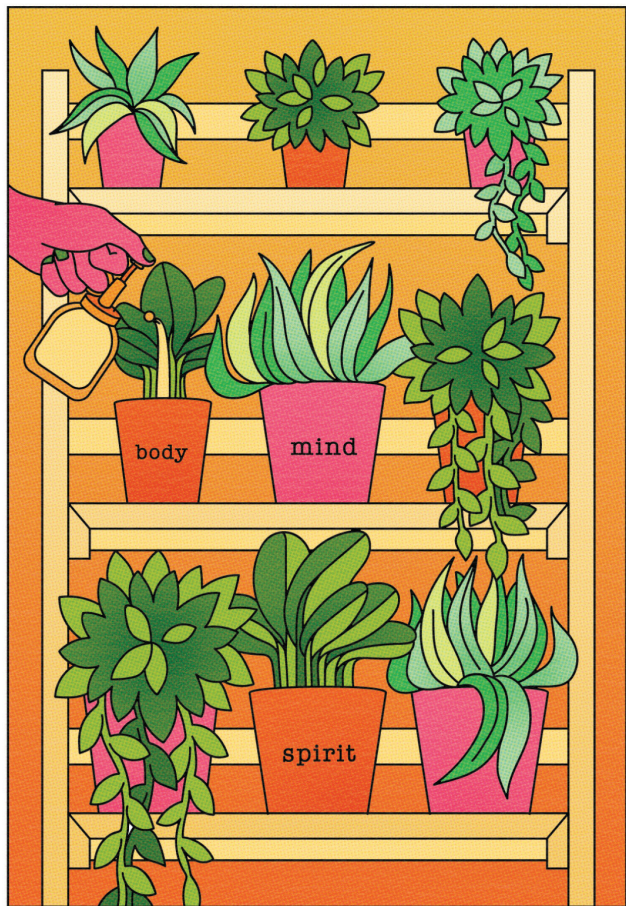
GLENNON DOYLE

QUESTION

Have I been avoiding feeling my pain?
Can I sit with it and be curious about
what it has to teach me?

AFFIRMATION

I create space to feel my pain.



“You aren’t doing ‘nothing’ when you choose to put your wellbeing first. In fact, this is the key to having everything.”

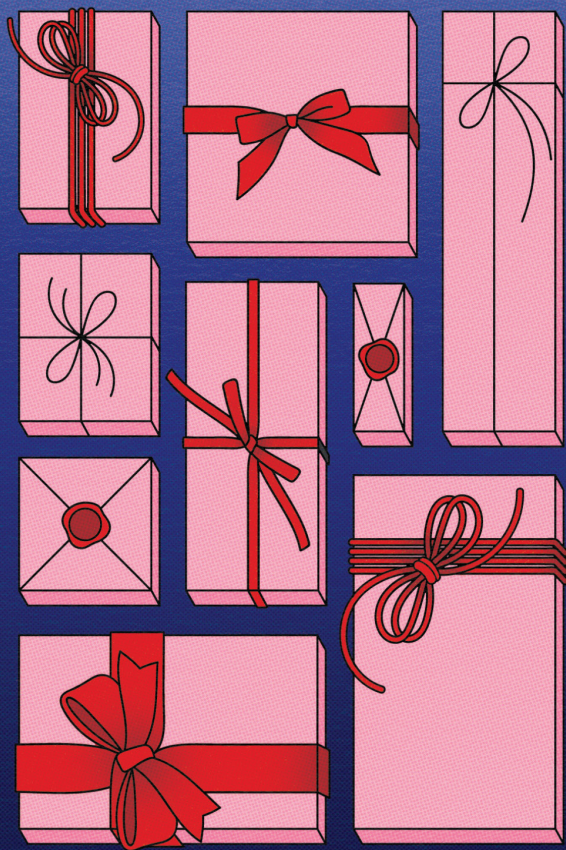
BRITTANY BURGUNDER

QUESTION

How am I prioritizing my mind, body, and spirit?

AFFIRMATION

I take pride in caring for myself.



“If you feel something calling you to dance or write or paint or sing, please refuse to worry about whether you’re good enough. Just do it. Be generous. Offer a gift to the world that no one else can offer: yourself.”

GLENNON DOYLE

QUESTION

What am I feeling called to do?

AFFIRMATION

I don’t have to be the best at something to share it with the world.

Affirmations and questions
to help you along your path

FIND

YOUR

PURPOSE

JESS SANDERS