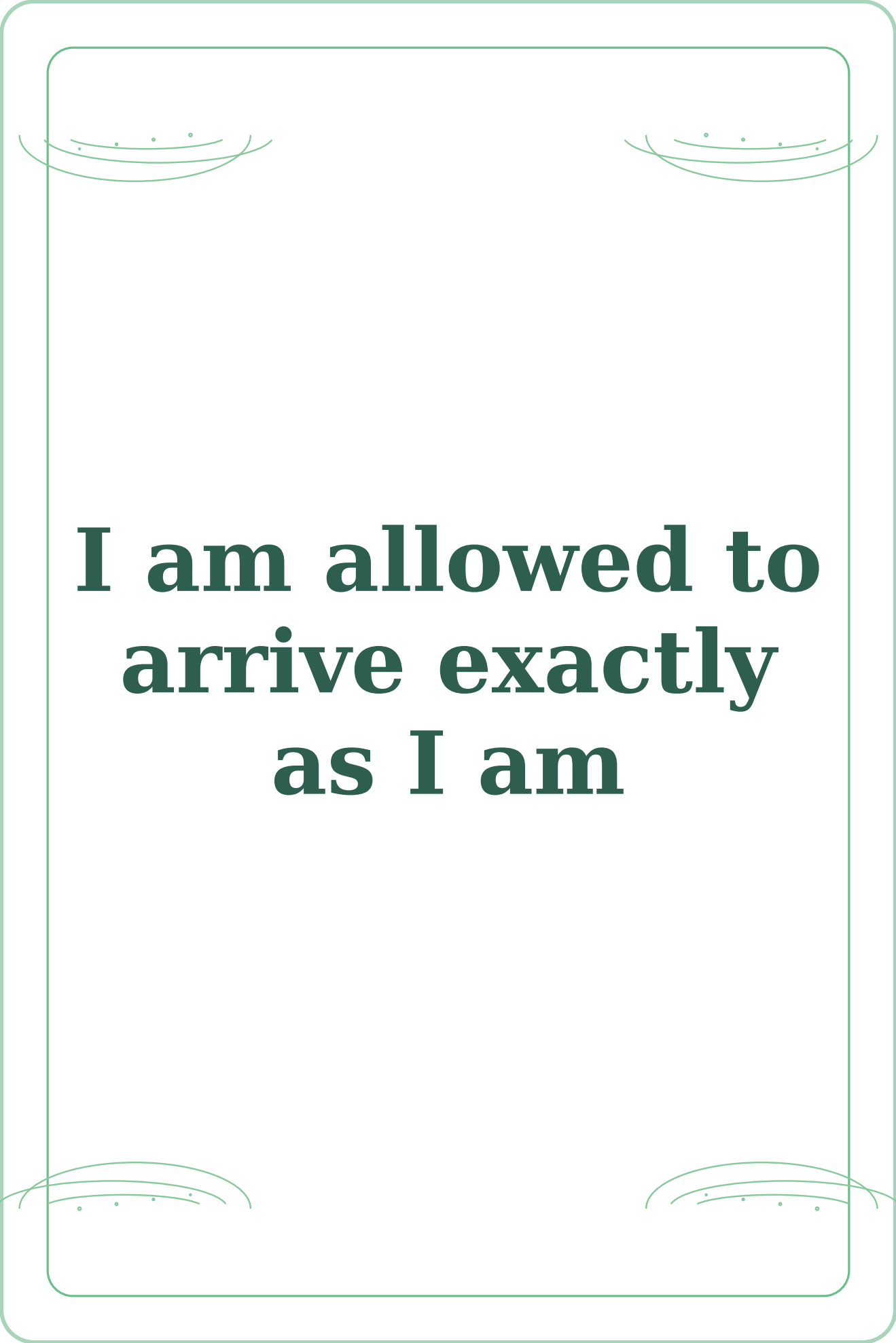
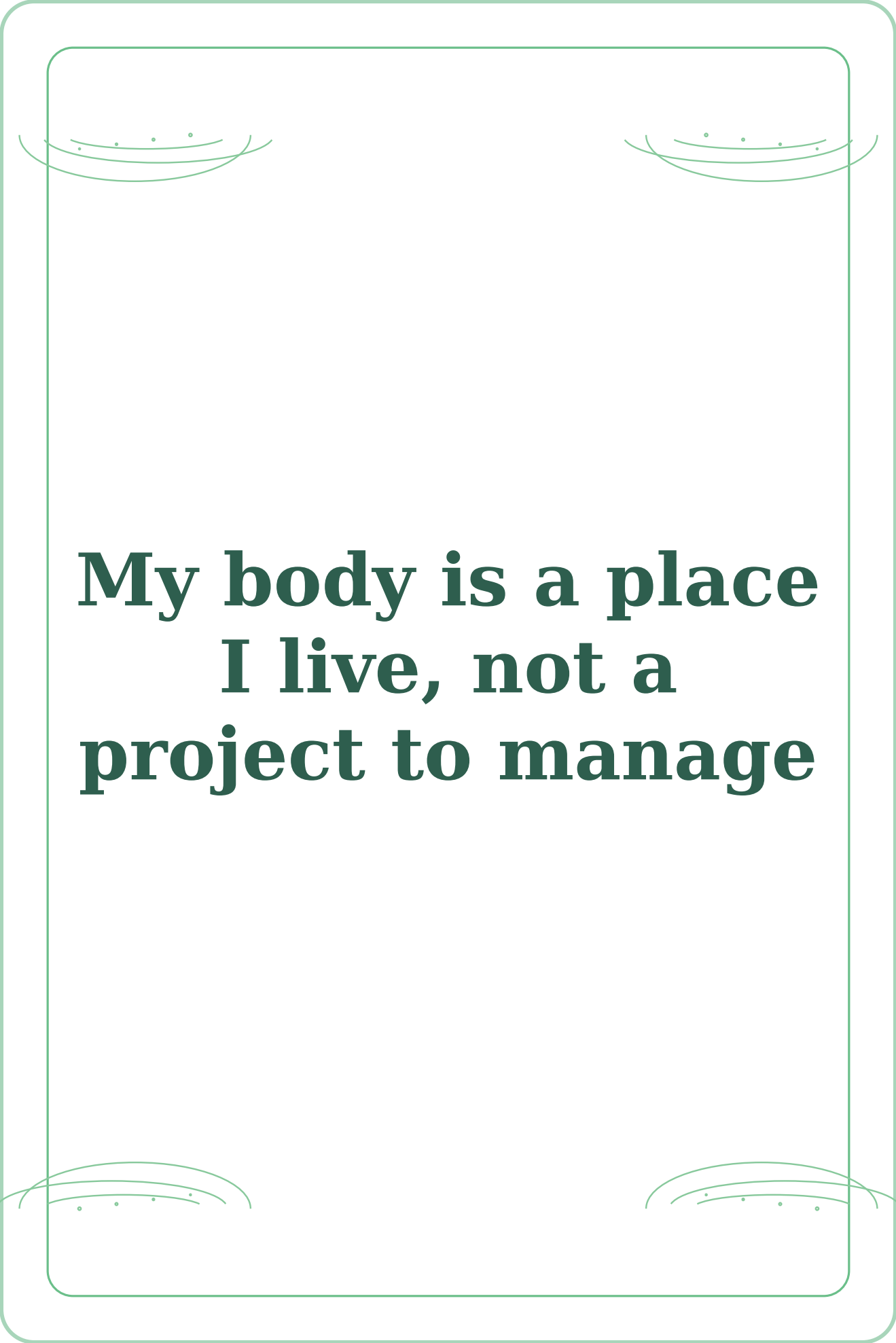




**I can meet my  
reflection for one  
honest breath**



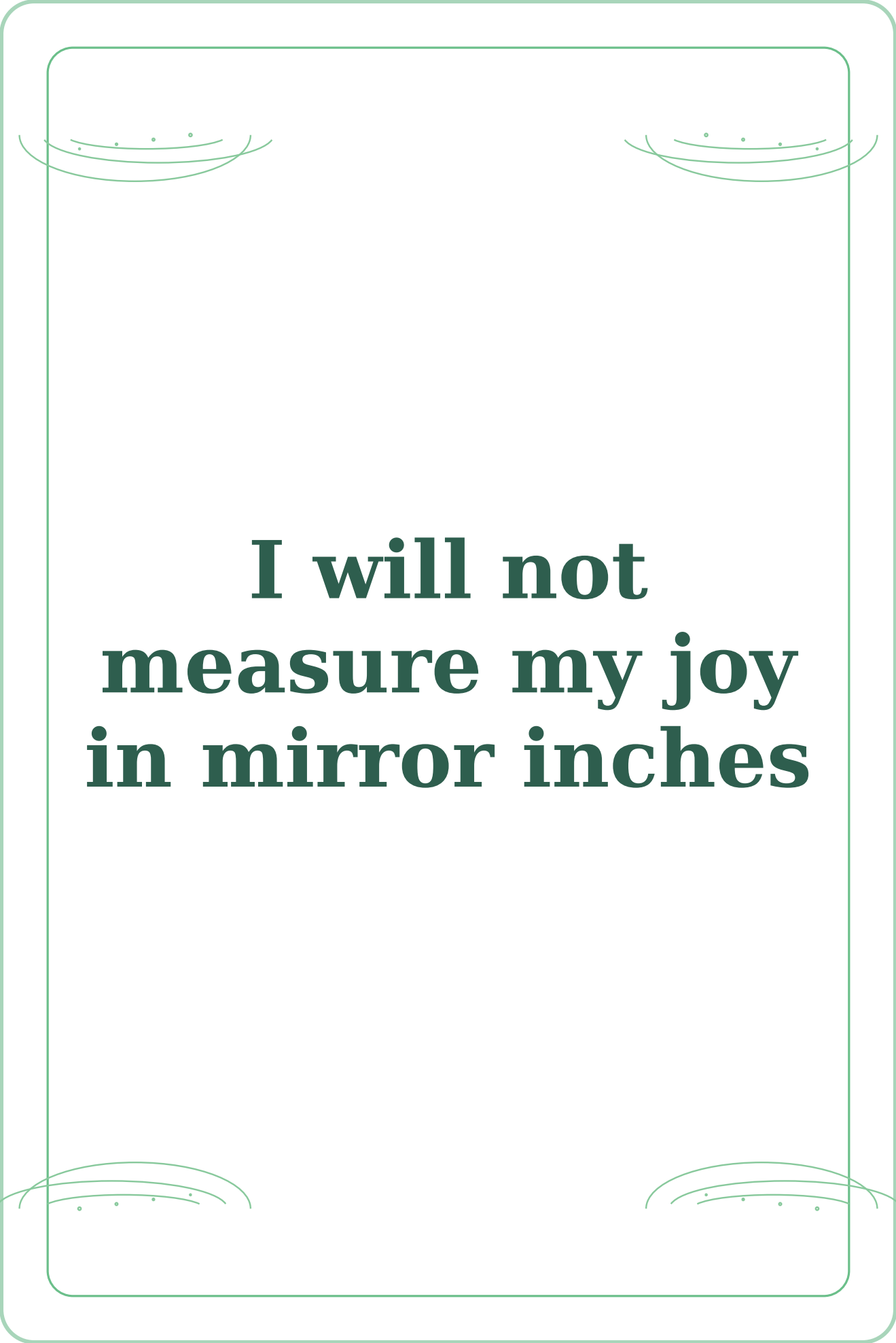
**I am allowed to  
arrive exactly  
as I am**



**My body is a place  
I live, not a  
project to manage**



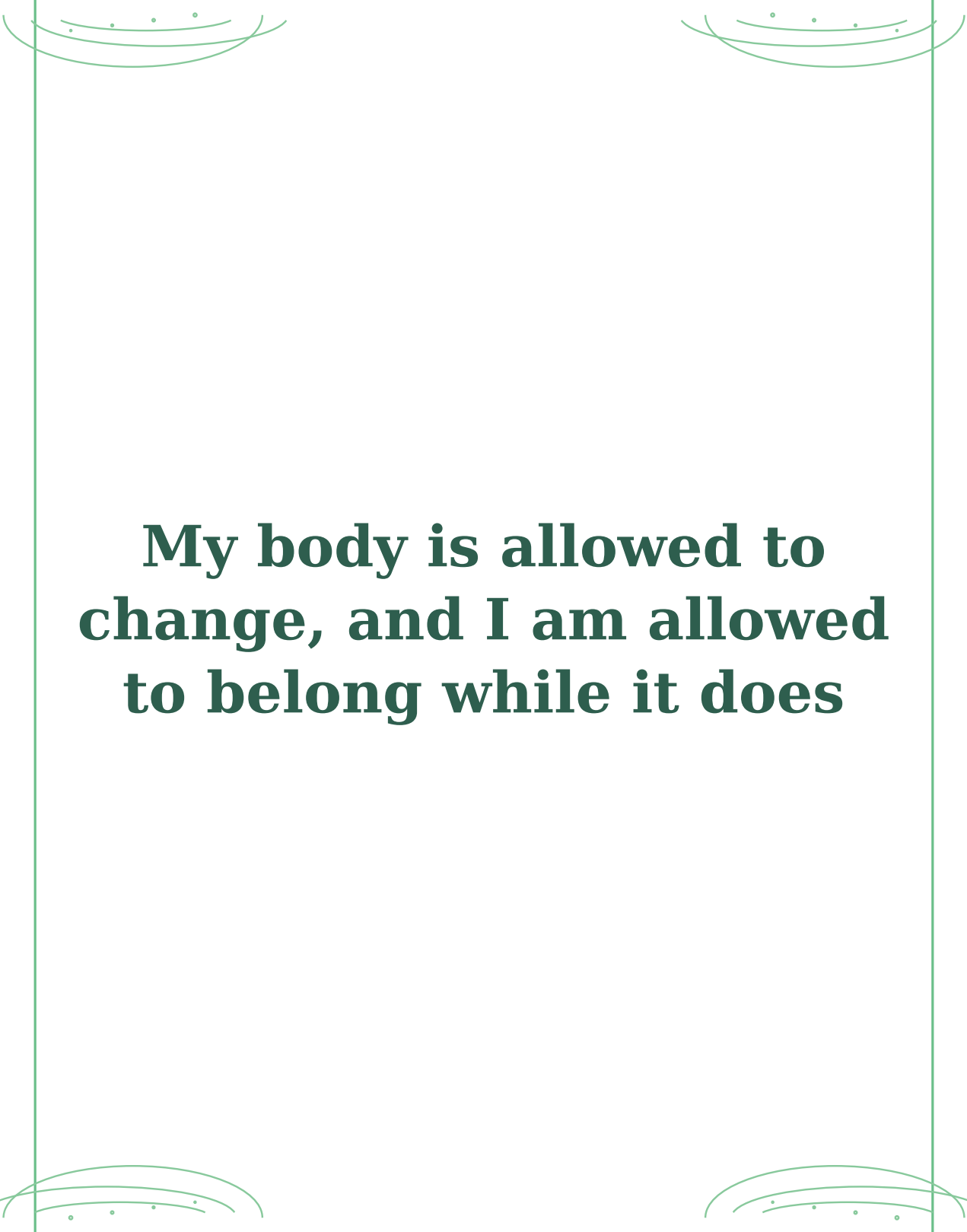
**I can be kind to  
myself without liking  
everything I see**



**I will not  
measure my joy  
in mirror inches**



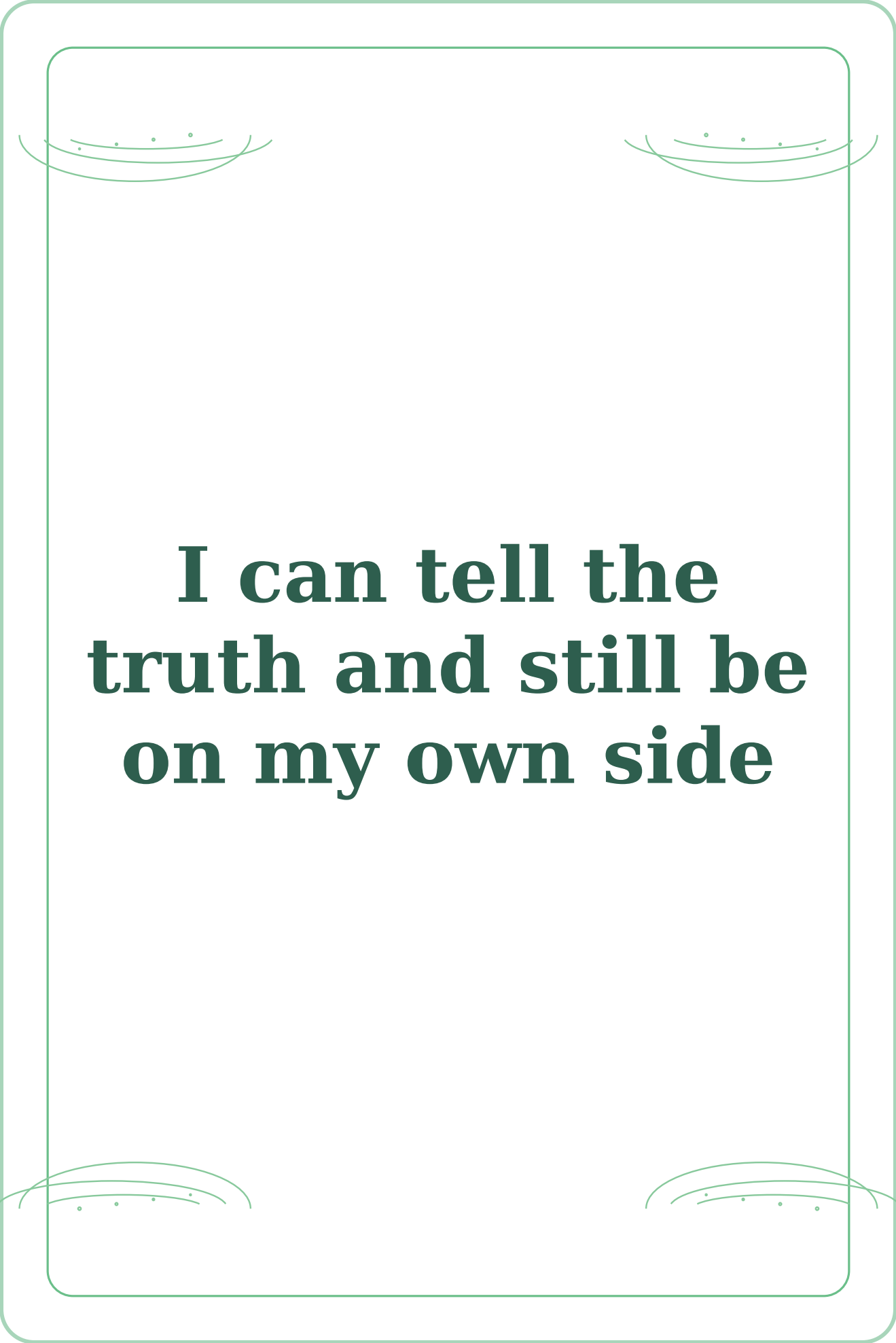
**My worth is  
larger than any  
single image**



**My body is allowed to  
change, and I am allowed  
to belong while it does**



**I can choose  
tenderness as  
my strength**

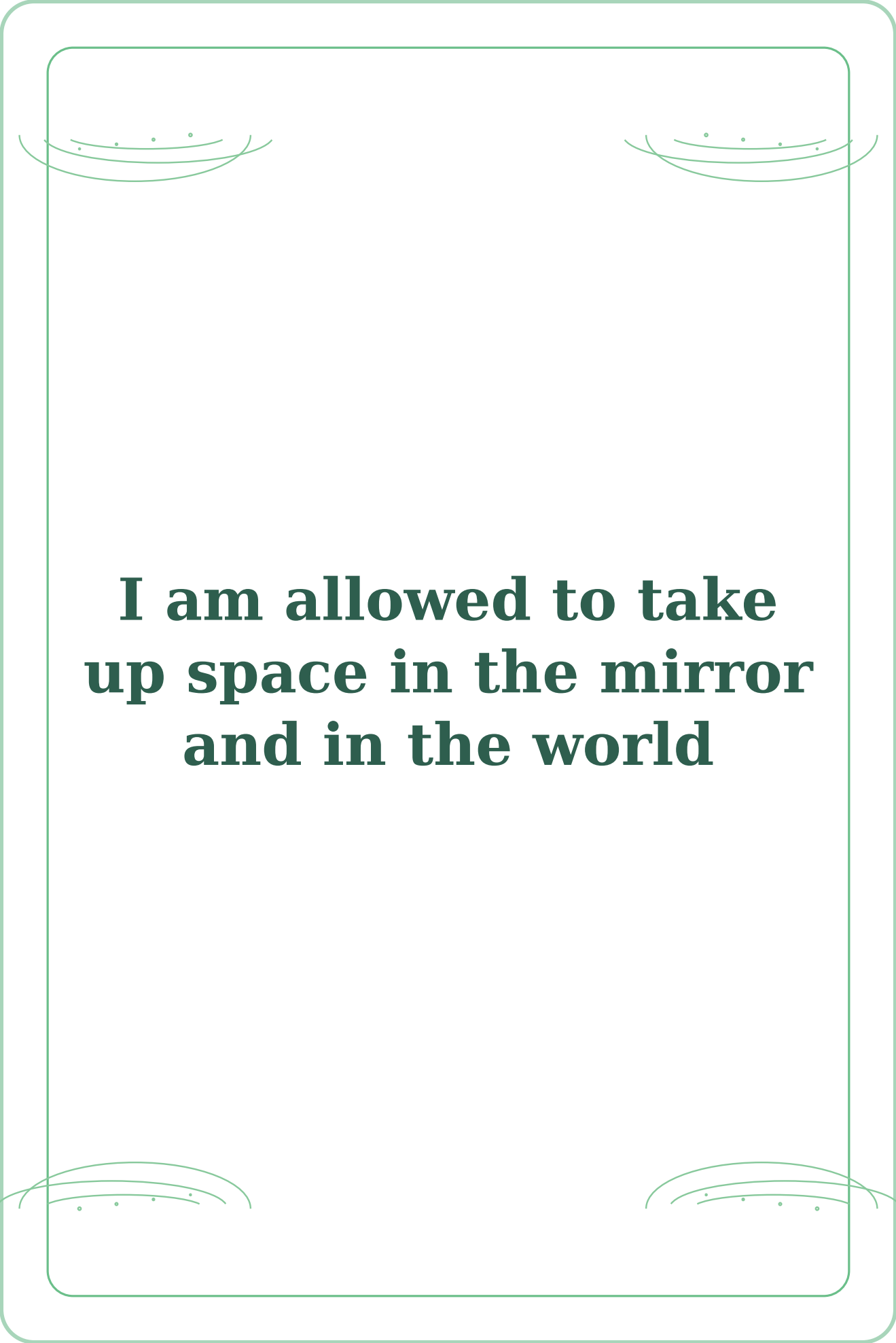


**I can tell the  
truth and still be  
on my own side**



**I will look for  
function before  
I judge form**

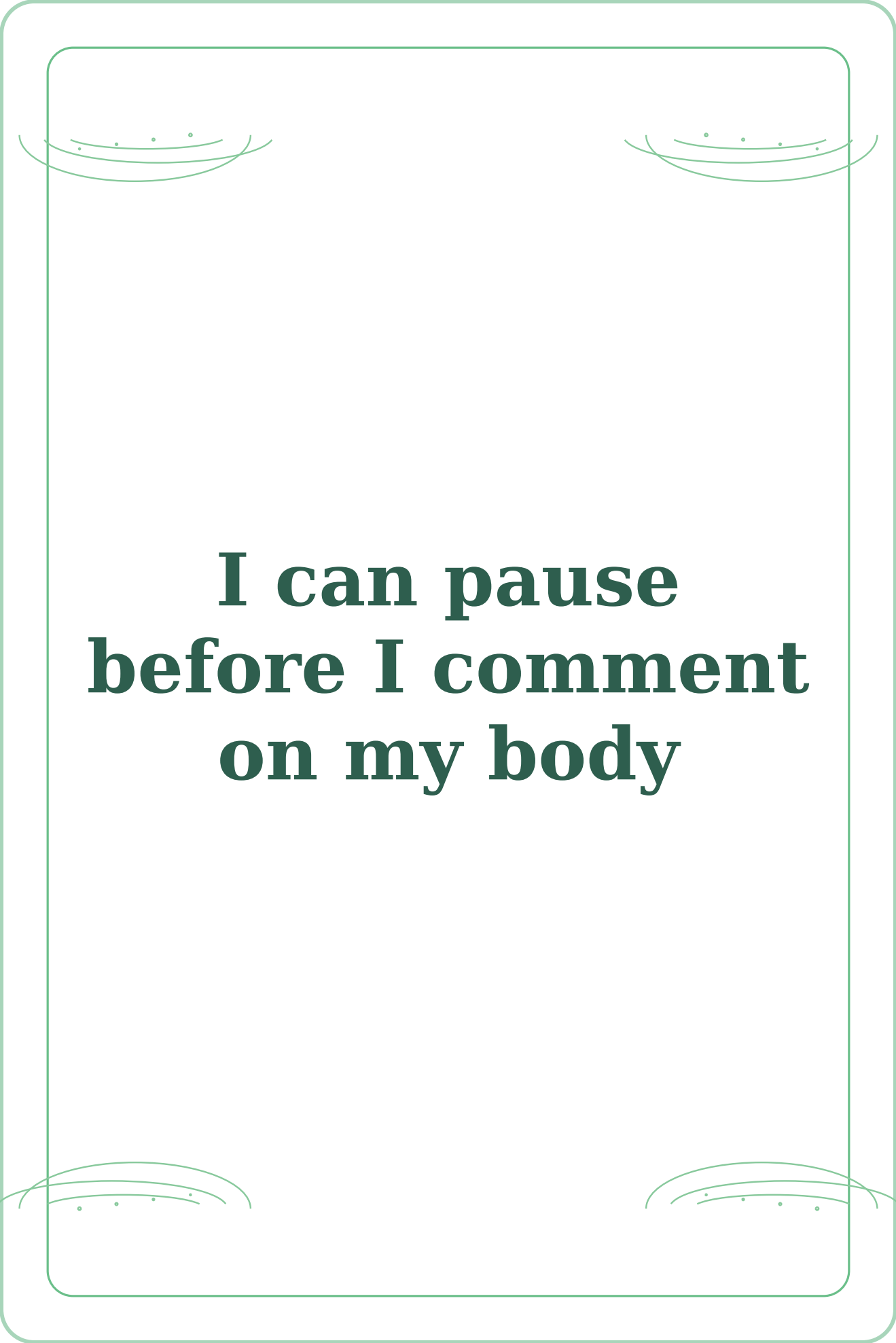




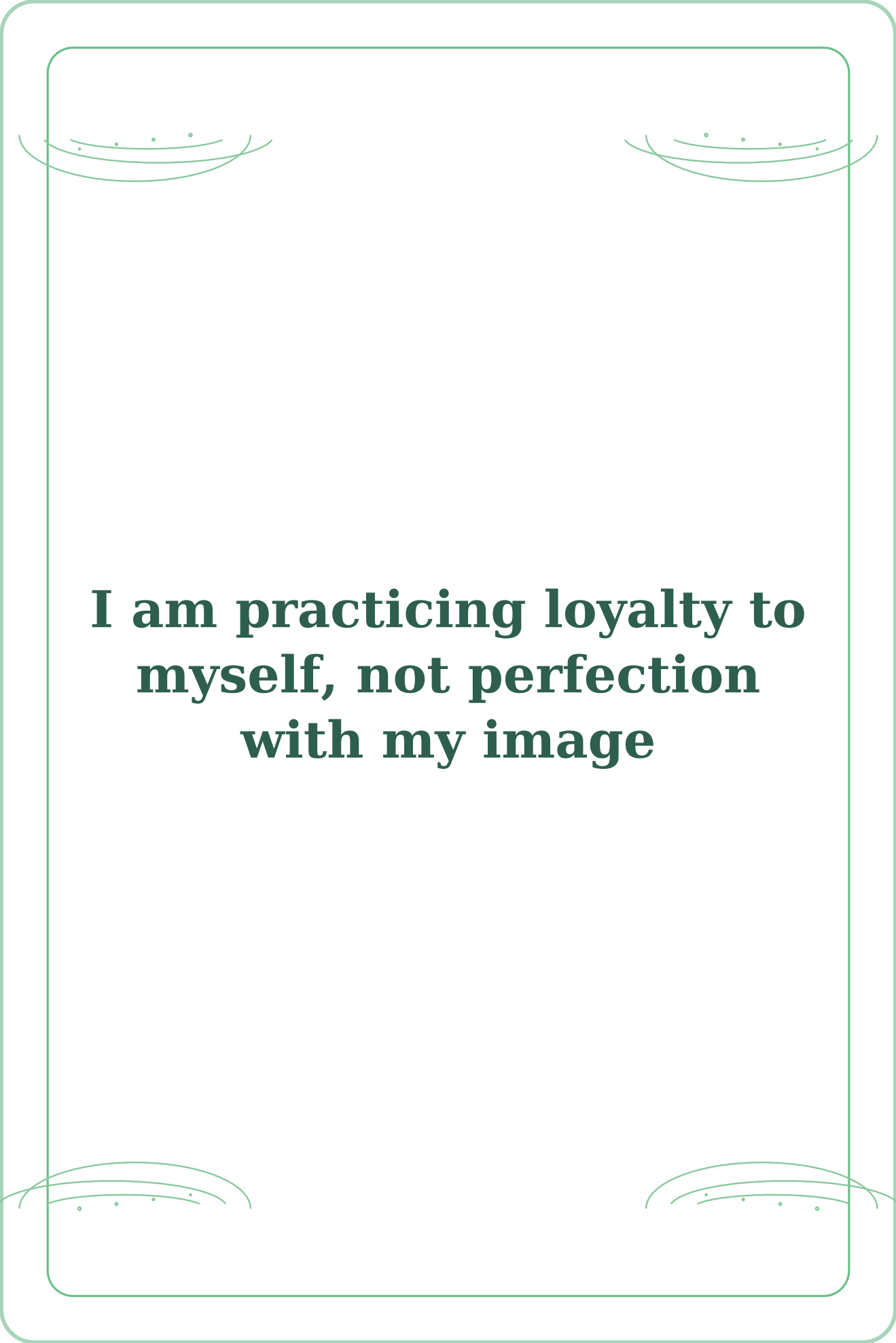
**I am allowed to take  
up space in the mirror  
and in the world**



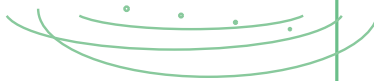
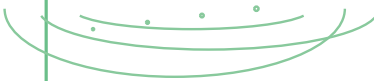
**My reflection is  
a relationship,  
not a test**



**I can pause  
before I comment  
on my body**



**I am practicing loyalty to  
myself, not perfection  
with my image**



**I can leave the  
mirror more myself  
than when I arrived**