

WHAT YOU REPEAT BECOMES YOU

What I repeat becomes familiar, and what is familiar becomes my default.

I can grow without abandoning myself.

I trust myself, even when the outcome is unclear.

I don't have to be finished to trust myself.

Not everything I encounter is meant to keep me — it is meant to reveal me.

I do not need to label every experience to understand its role in my growth.

I am allowed to learn, unlearn, and choose again.

I am responsible for how I interpret my experiences.

I will not reduce myself to be more acceptable to others.

I will not abandon myself to be understood by others.

I am allowed to prioritize my life without apology.