Words to keep close

Eight cards to cut out, keep, or share. Choose the words that fit.

I deserve tenderness, including from myself.

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I can ask for help without apologizing.

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My worth is not measured by how much I do.

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I can make room for every feeling.

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Rest is a worthy use of my time.

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I choose what parts of my story to share.

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I can take today one moment at a time.

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I am worthy of care on the hard days, too.

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