



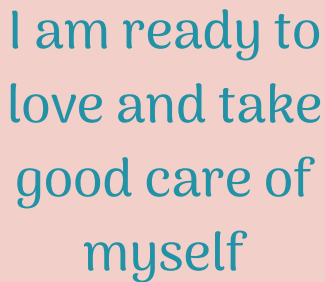
I now feel
more
myself



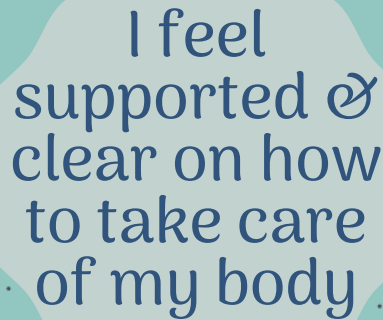
I deserve to
feel well in
my body



I feel
soothed &
comforted



I am ready to
love and take
good care of
myself



I feel
supported &
clear on how
to take care
of my body



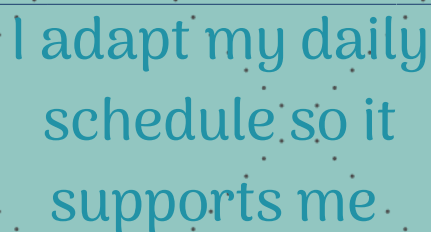
I give myself
permission to
feel truly
relaxed



I give myself time to
recover and feel refreshed



I am
clearer on
what it is I
love to do



I adapt my daily
schedule so it
supports me



I no longer
feel
restrictions
hold me back



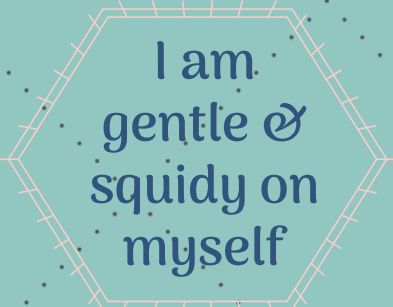

I release pain
points of the past



I feel grounded
& connected to
my body



I am allowed
to rest easy
at night



I am
gentle &
squidy on
myself



I am able to do what I
love pain free