

Quotations and sayings I love...

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Breathe

and make time for yourself

I deserve love because...

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Breathe

and make time for yourself

I feel happiest in my skin when...

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Breathe

and make time for yourself

Today I am grateful for...

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Breathe

and make time for yourself

My teenage self would love that I...

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Breathe

and make time for yourself

I vow to let go of...

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Breathe

and make time for yourself