

Be that woman  
who decided to  
go for it.

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THEN JESUS SAID,  
"COME TO ME, ALL  
OF YOU WHO ARE  
WEARY AND CARRY  
HEAVY  
BURDENS, AND I WILL  
GIVE YOU REST."

• Matthew 11:28 •

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What's meant for you  
will never miss you,  
and that which misses  
you was never meant  
for you.

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Stop asking why they keep doing it  
and start asking why you keep  
allowing it.

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Self-care means  
giving the world  
the best of you  
instead of what is  
left of you.

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it's  
okay  
to say  
no.

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Someday you'll  
look back and  
understand why it  
all happened the  
way it did.



Life is  
tough, my  
darling,  
but so  
are you.

**EVERYTHING  
IS HARD**  
**BEFORE IT  
IS EASY.**

Comparison  
is the  
thief of joy.

MINDSET LIFE COACHING

Comparison  
is the thief of  
*joy*

A WOMAN IS  
UNSTOPPABLE AFTER  
SHE REALIZES SHE  
*deserves better*

YOU  
GOT  
THIS



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“

I guarantee that you  
wouldn't stay friends with  
someone if they talked to  
you the way you talk to  
yourself.

Tori Meehan, CLC

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Admire someone  
else's beauty without  
questioning your own.



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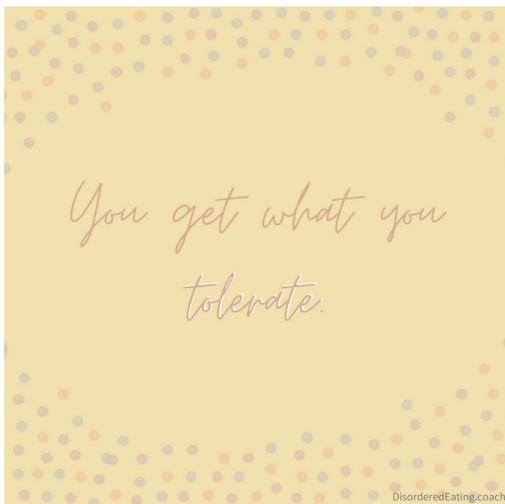
WHATEVER COMES,  
*let it come.*

WHAT STAYS,  
*let it stay.*

WHAT GOES,  
*let go.*

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You get what you  
tolerate.



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It's the small stuff that matters.



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If you don't like where you are,



MOVE.

You are not a tree.

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A woman is unstoppable  
after she realizes she  
deserves better.

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A lot of people are  
afraid to say what  
they want. That's why  
they don't get what  
they want.

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she overcame  
everything that was  
meant to destroy her



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"For life is more than food,  
and your body more than clothing."

Luke 12:23



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