

*You are*

You are kind. Remember to spread this to others by performing a random act of kindness.

You have a voice. Share something you believe in by writing a poem or song about it.

You are brave. Tell someone you trust something that scares you and consider facing that fear.

You are creative. Take some time to explore your left brain capabilities by painting, drawing, or crafting something fun.

You are adventurous. Try something new today – a new food, a new hairstyle, or maybe a new destination.

You are grounded. Go outside, barefoot; let your feet feel the ground beneath you while you breathe deeply.

You are loved. Write yourself a love letter and include a list of 10 things you love about yourself.

You are worth celebrating. Toss some confetti, do a little dance, and celebrate everything that makes you, YOU!

You are made of magical star stuff. Lay out a blanket when the sun sets and stargaze throughout the night sky.

You are strong. Go for a walk, run, or jog while listening to a song that inspires you to keep motivated.

*amazing*

