

Something beautiful is  
just around the corner.

**Never underestimate  
your capabilities.**

**You are strong,  
talented, and  
smart. You are  
unstoppable.**

Every day is a  
new opportunity  
to be the person  
you want to be.

*What makes your heart  
happy and at ease?  
Make room for that.*

**YOU DESERVE  
TIME FOR  
YOURSELF.**

Other people's  
opinions do not  
affect your life.

**Your contributions to the  
world are important.**

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The universe works for  
you, not against you.  
Keep moving forward.

# 18 MINI PEP TALKS

*to encourage  
you to keep  
fighting the  
good fight.*

Believe in yourself first.  
The rest of the world  
will follow your lead.

**SURROUND YOURSELF  
WITH PEOPLE WHO MAKE  
YOU FEEL FULL OF LIFE.**

**PAUSE.  
BREATHE.  
REMEMBER YOU'RE  
FREAKING RAD.**

Never make yourself small  
for another person. Be you.  
You're not for everyone,  
and that's okay.

*Be gentle with  
yourself.*

*Everyone has  
strengths and  
weaknesses. Lean  
into your strengths  
and try to accept  
your weaknesses.*

**Be mindful  
of the joyful  
moments.**

All you can do is all  
you can do. Don't  
let unrealistic  
expectations get  
you down.

*You inspire me.*

