



♡ Being kind to me ♡

I am enough as I am.

I will give myself time to think.

I have a space to sit and a space to  
breathe.

When there's a thing in my way, I'll go  
around it.



I look for beauty everywhere.



Sometimes I might want to drop  
things, just like trees in Winter.

I can walk away from bad ideas anytime  
and run into the good.

*Words by Isabel Brooks*



♡ K I N D N E S S ♡

