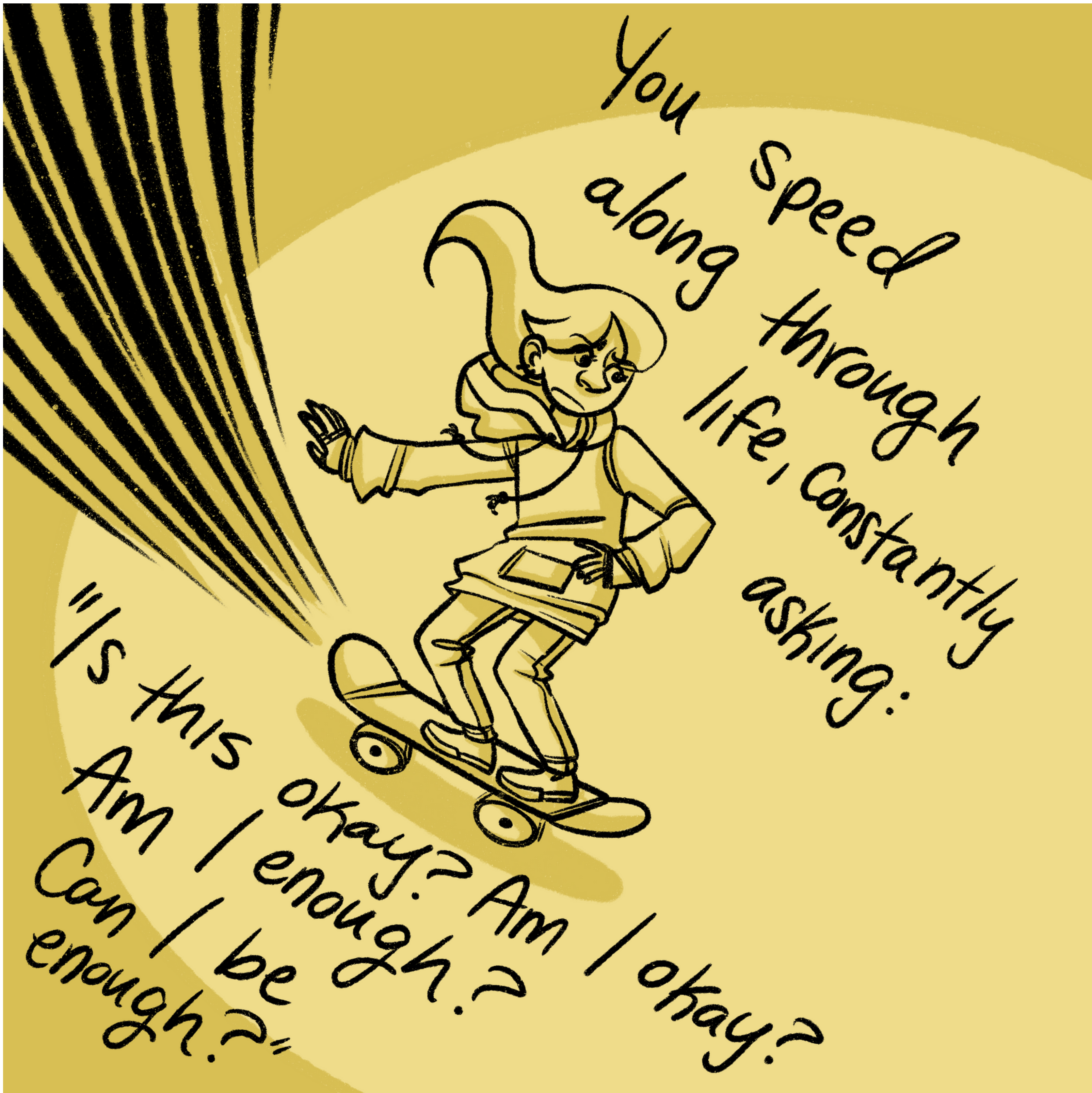


flow

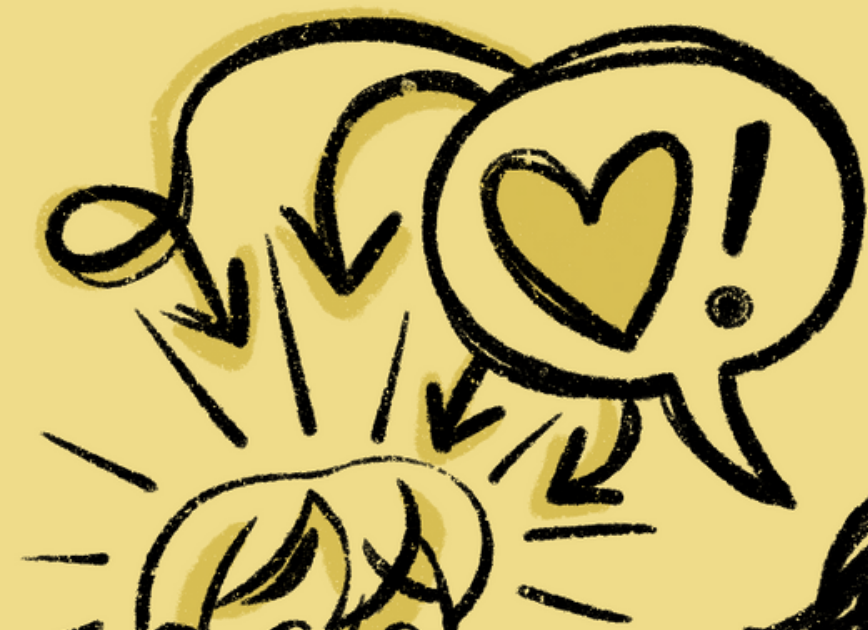
Fixating on what
other people
think of you
is absolutely
exhausting.



You speed through life, constantly asking:

"Is this okay? Am I enough? Can I be enough?"

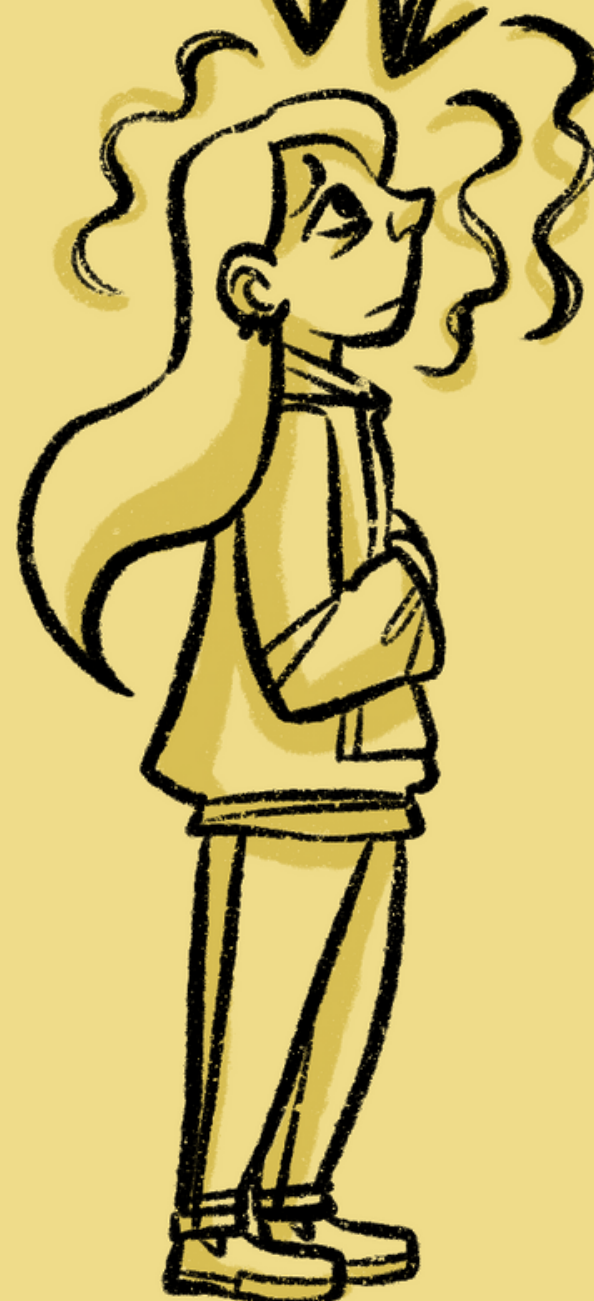
The more value you give to
people's opinions of you,
the more value you take from
them.



Positively



OR



Negatively.

Here's the hard
truth, though:

Other people

do not

dictate your value
unless you allow
them to.



You are a human being, and
you inherently have worth.



That comes from inside you,
not other people.





You have the power to see yourself
as the loved, valued, worthy person
that you are, no matter what others
may think.