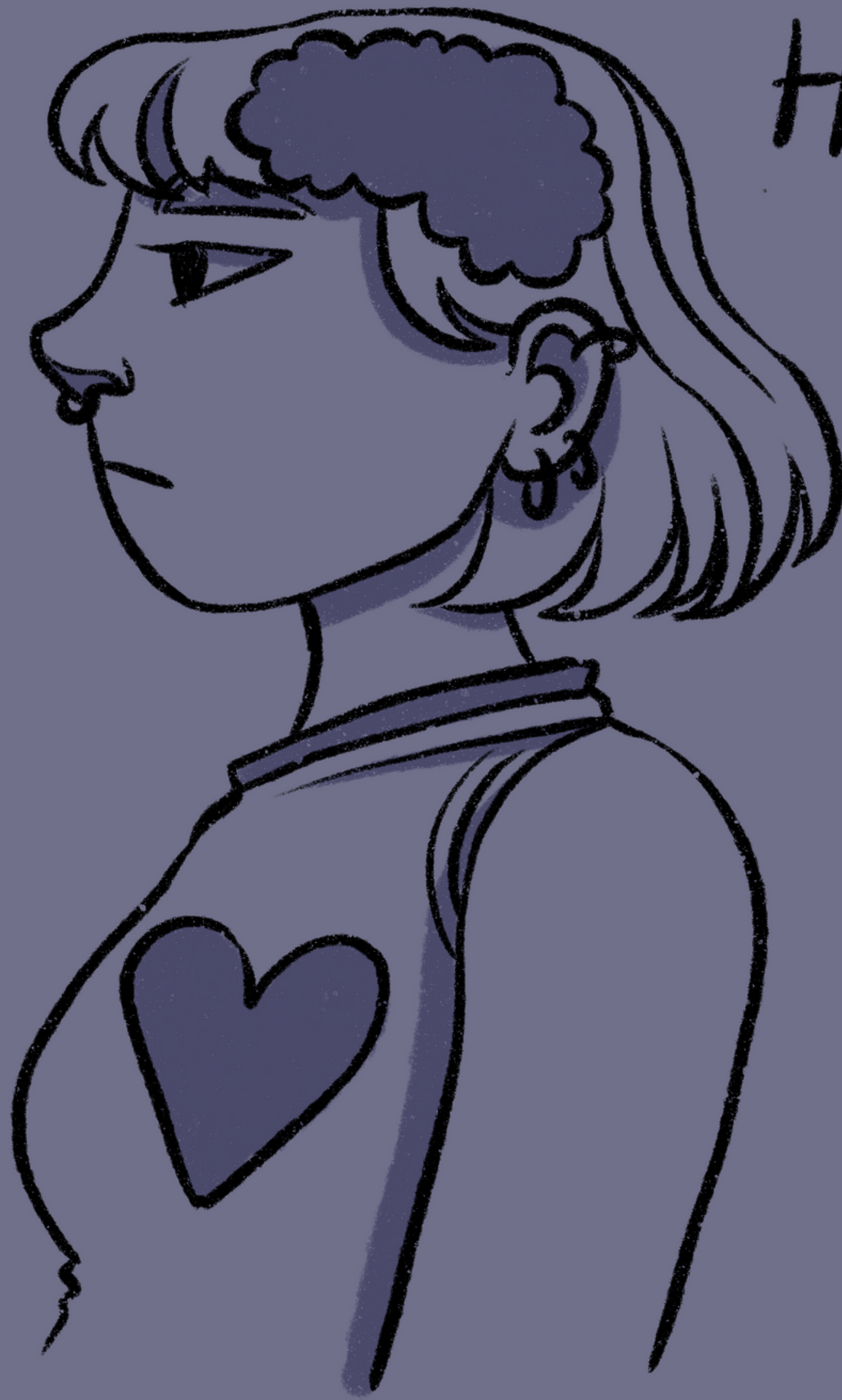


People don't talk enough about  
what it means to know things  
in your HEAD...



flow

... vs. in your HEART.



In your HEAD, you  
may get certain  
truths.

"I am loved"

"I am worthy"

It can be a whole  
lot harder to get  
those into your

**HEART,**  
though.

The thing is, that doesn't happen overnight (which is annoying).  
It takes practice. Rehearsal.



That's what strengthens you  
for when those negative thoughts  
pop up.

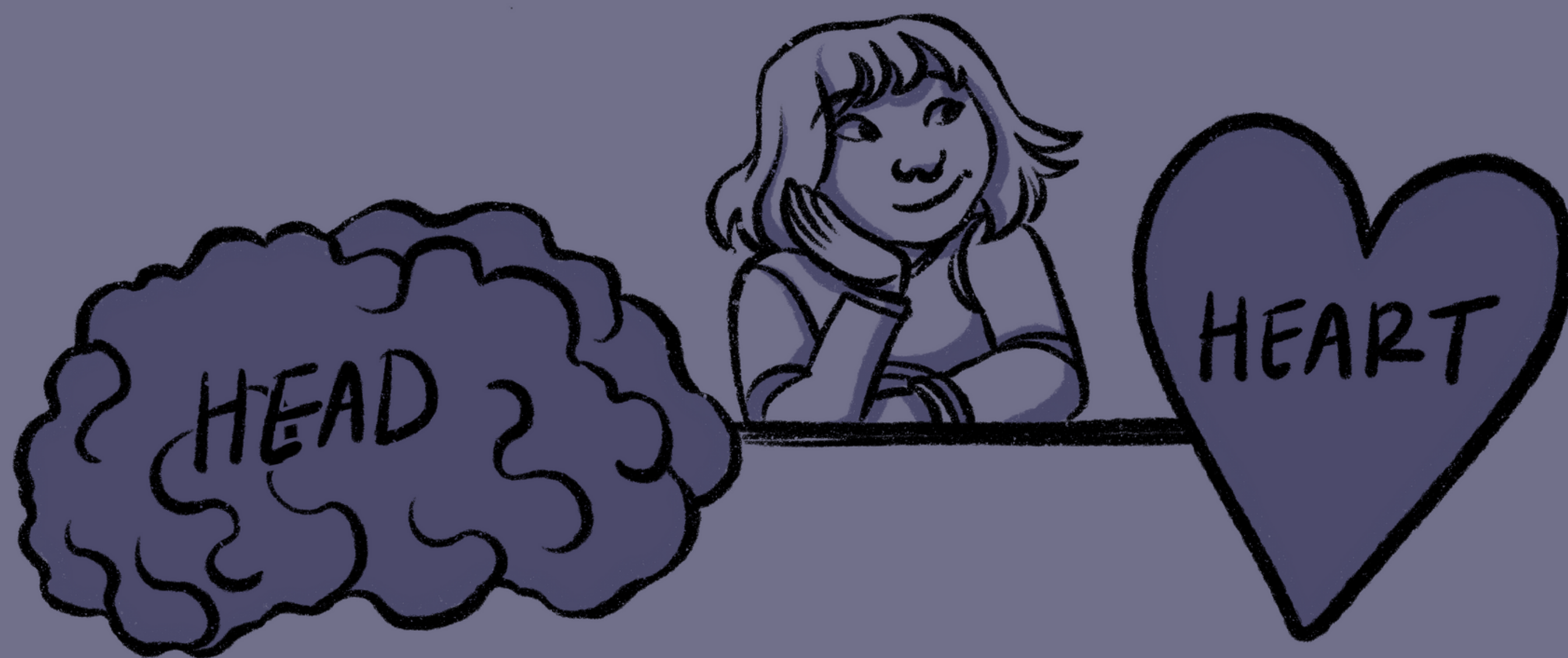


"unloved"

"unworthy"

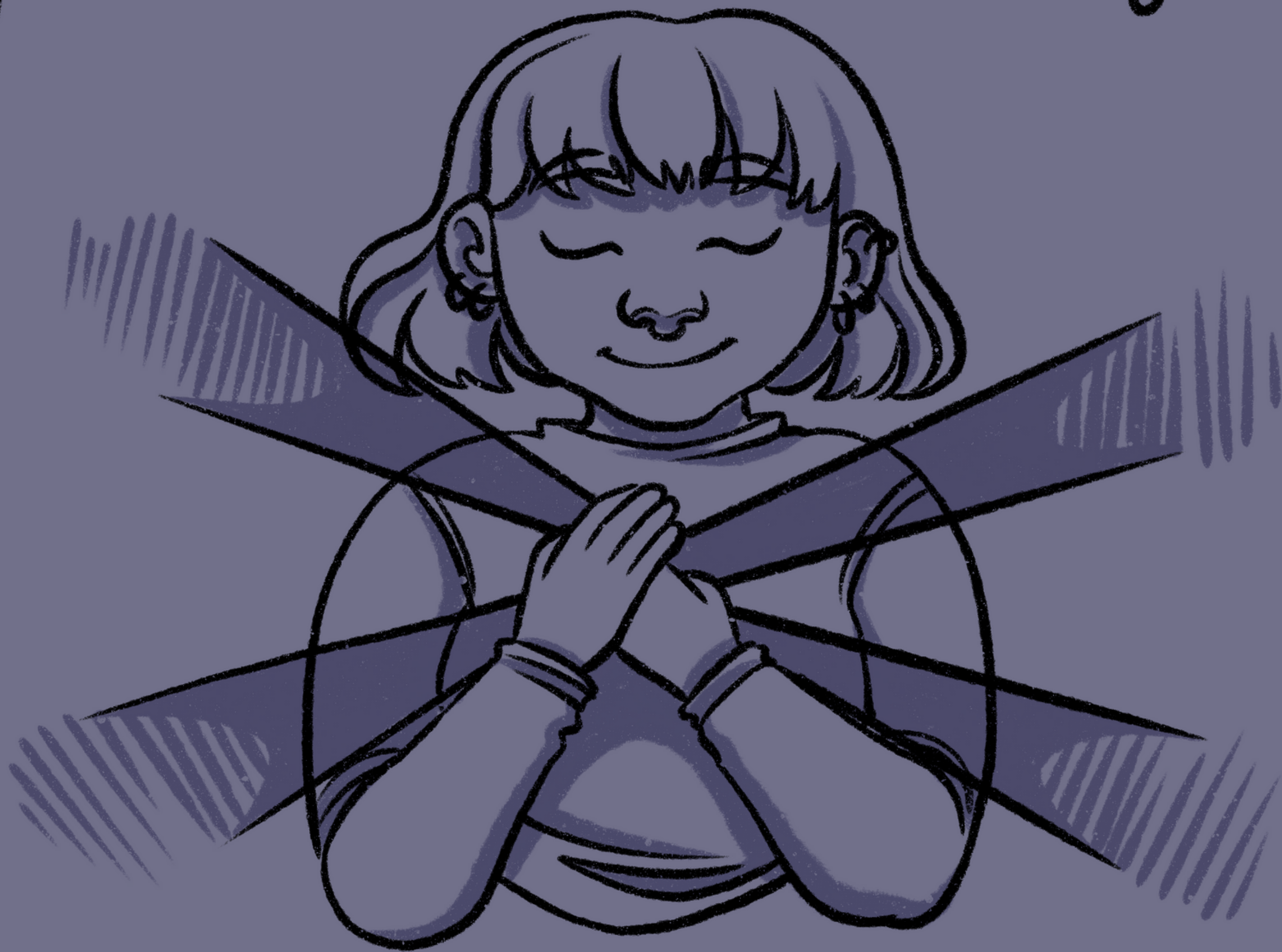
"unwanted"

Remind yourself of the truth can be hard, especially if it's truths that you sometimes struggle to believe at all.



It's a lifelong rehearsal, but it's worth it to tell yourself the truth of WHO YOU ARE.

When truths like that are  
in both your head AND heart,  
you hold them a lot tighter.



With a whole lot more certainty.