

BFF TIME

some ideas of things to say to yourself on days where you need some extra love

HEY SELF, REMEMBER!...

- You are CUTE!
- You've grown a ton, I'm so proud.
- You've acted from love all day! Way to go!
- Your beauty is in your energy, and your energy is amazing today!

- Today, I will do my best and know that it's good enough.
- Today is going to be a great day!
- Today, keep choosing kindness - even when it's tough.
- I'm learning to be more present, I'm so proud of that!

- Thank you belly, for being a part of ME. You've deserved more kindness, I promise to be nicer to you moving forward, however you look!
- Thank you skin rolls for protecting my organs! Real MVP!
- Thank you squish, you make my body feel cozy and warm.
- Thank you stretch-marks, for showing me that I have grown.
- Thank you spots, marks, and wrinkles , for reminding me of my story.

- I am so proud of ALL growth I have done, even if there's more to go.
- I am capable, strong, and so resilient.

- I appreciate you!
- I love you!
- You are my best buddy!
- Even on the rough days, I've got your back. I promise.

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