

Messages for Your Inner Child

I am worthy
of love.

My voice
matters.

I am safe and
protected.

I never dim my
light.

I trust my
instincts and
intuition.

I go where I
am
appreciated.

I am free
from the
opinions of
others.

I believe in my
abilities.

I do not
punish myself
when I make a
mistake.

Break the Cycle, Be the Change