

PRETEND IT'S
GLOW!
GIVE IT
A DUMB
VOICE!

WHEN YOUR
NEGATIVE
INNER VOICE
PIPES UP...

EVERYTHING IS
SUBJECTIVE!
SO MEASURE URSELF
BY STANDARDS
YOU
CREATED BY
YOU!
DON'T DEPEND
ON OTHER PLS
APPROVAL

MOTIVATE YOURSELF
FROM A PLACE OF
EMPOWERMENT
NOT
EGO
BECAUSE WHAT U
MAKE
IS NOT WHO U
ARE!
OK???

WITH THAT...
MISTAKES
ARE YOUR
FRIEND
GIVE THEM A HUGE
TRUST THE
PROCESS.

♥ ♥ ♥
HAPPY
MESS-
MAKING!
♥ ♥ ♥

TALKING
to
MYSELF
by JUSTINE KELLEY

PERFECTIONISM
can lead to
PROCRASTINATION
which is built on
FEAR
UNREASONABLE
STANDARDS
HERE ARE SOME
MANTRAS TO FREE
YOURSELF FROM
PARALYSIS!

SOMETHING
THAT'S PERFECT
TODAY
MAY NOT BE
PERFECT
TOMORROW.
it's because you're
ALWAYS LEARNING &
THAT'S
GOOD!