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-  (Name of person), you are enough just as you are.
-  (Name of person), you are stronger than you know.
-  (Name of person), you are deeply loved.
-  (Name of person), you are allowed to grow and change.
-  (Name of person), you bring light to the lives around you.
-  (Name of person), you are worthy of happiness.
-  (Name of person), you are seen, heard, and valued.
-  (Name of person), you make a difference in this world.
-  (Name of person), you are allowed to rest and recharge.
-  (Name of person), you are a gift to those who know you.
-  (Name of person), you have everything you need inside you.
-  (Name of person), you are worthy of kindness—especially from yourself.
-  (Name of person), you are doing better than you think.
-  (Name of person), you are not alone.
-  (Name of person), you are capable of beautiful things.
-  (Name of person), you are loved, even on your hard days.
-  (Name of person), you are exactly who you need to be right now.
-  (Name of person), you deserve to feel safe and supported.
-  (Name of person), you are a light in someone's darkness.
-  (Name of person), you have purpose and meaning.
-  (Name of person), you are allowed to take up space.
-  (Name of person), you are worthy of healthy love.
-  (Name of person), you are allowed to feel what you feel.
-  (Name of person), you are growing in powerful ways.
-  (Name of person), you are a blessing to this world.
-  (Name of person), you deserve joy, peace, and ease.
-  (Name of person), you are a work of art in progress.
-  (Name of person), you have made it through so much already.
-  (Name of person), you are allowed to set boundaries.
-  (Name of person), you are more than your mistakes.
-  (Name of person), you are deserving of healing and hope.
-  (Name of person), you are loved more than you know.
-  (Name of person), you are full of potential.
-  (Name of person), you are allowed to ask for help.
-  (Name of person), you are brave for showing up.
-  (Name of person), you are appreciated, even if it's not always said.

-  (Name of person), you are never too much or not enough.
-  (Name of person), you are needed just as you are.
-  (Name of person), you are capable of creating something beautiful.
-  (Name of person), you are surrounded by love and protection.
-  (Name of person), you are worthy of every second of care.
-  (Name of person), you are lovable exactly as you are.
-  (Name of person), you are becoming someone even stronger.
-  (Name of person), you are safe to be yourself here.
-  (Name of person), you are worthy of peace.
-  (Name of person), you are free to be your full self.
-  (Name of person), you are capable of starting over.
-  (Name of person), you are allowed to say no.
-  (Name of person), you are a source of inspiration.
-  (Name of person), you are allowed to let go.
-  (Name of person), you are healing with every breath.
-  (Name of person), you are more powerful than your fears.
-  (Name of person), you are a bright soul in a noisy world.
-  (Name of person), you are someone's favorite person.
-  (Name of person), you are held in love, even in silence.
-  (Name of person), you are worthy of taking up time and care.
-  (Name of person), you are cherished.
-  (Name of person), you are someone who makes others feel safe.
-  (Name of person), you are allowed to be soft and strong.
-  (Name of person), you are valuable without doing anything at all.
-  (Name of person), you are enough, even when you feel lost.
-  (Name of person), you are building a meaningful life.
-  (Name of person), you are more than what you produce.
-  (Name of person), you are lovable on your messiest days.
-  (Name of person), you are a miracle in motion.
-  (Name of person), you are allowed to grieve and grow.
-  (Name of person), you are here for a reason.
-  (Name of person), you are loved just as you are, not as you wish you were.
-  (Name of person), you are healing even when it doesn't look like it.
-  (Name of person), you are worthy of your dreams.
-  (Name of person), you are part of something bigger than yourself.
-  (Name of person), you are allowed to be proud of how far you've come.
-  (Name of person), you are enough, even on days you feel small.
-  (Name of person), you are never too broken to be loved.

-  (Name of person), you are worthy of rest, not just reward.
-  (Name of person), you are not behind—you are on your own path.
-  (Name of person), you are the kind of person people are lucky to know.
-  (Name of person), you are doing sacred, important work by just being.
-  (Name of person), you are allowed to choose yourself.
-  (Name of person), you are making progress, even if it's invisible.
-  (Name of person), you are learning, growing, and blooming.
-  (Name of person), you are beautiful, inside and out.
-  (Name of person), you are worthy of being listened to.
-  (Name of person), you are filled with light and wisdom.
-  (Name of person), you are allowed to change your mind.
-  (Name of person), you are loved beyond your achievements.
-  (Name of person), you are gentle, yet powerful.
-  (Name of person), you are someone's safe space.
-  (Name of person), you are whole—even with the scars.
-  (Name of person), you are learning how to love yourself—and that's brave.
-  (Name of person), you are surrounded by more love than fear.
-  (Name of person), you are the author of your next chapter.
-  (Name of person), you are more loved than criticized.
-  (Name of person), you are the answer to someone's prayer.
-  (Name of person), you are becoming more of who you're meant to be.
-  (Name of person), you are a beautiful expression of life.
-  (Name of person), you are not your past—you are your potential.
-  (Name of person), you are here, and that's more than enough.
-  (Name of person), you are becoming light for others.
-  (Name of person), you are loved for exactly who you are.