

A landscape photograph of a sunset over a field. The sun is low on the horizon, casting a warm orange and yellow glow across the sky. The foreground is a lush green field with some taller grasses and small flowers. A large, dark tree stands on the left side of the frame. The overall mood is peaceful and contemplative.

SHAME CORRODES THE VERY PART
OF US THAT BELIEVES WE ARE
CAPABLE OF CHANGE.

Brene Brown

DARING TO SET
BOUNDARIES IS ABOUT
HAVING THE COURAGE
TO LOVE OURSELVES,
EVEN WHEN WE RISK
DISAPPOINTING OTHERS.

Brene Brown





YOU CAN ONLY LOSE WHAT YOU CLING TO.

Buddha

TODAY, LOVE YOURSELF
ENOUGH TO SAY
GOODBYE TO THOSE
THINGS THAT DON'T
KNOW HOW TO LOVE
YOU BACK.

Alessandra Sagredo



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