



BUILD
COURAGE &
master BOUNDARIES



TJASA STRLE



IT TAKES

**COURAGE &
CONFIDENCE**

*TO TRUST HOW YOU
FEEL & TO
COMMUNICATE IT WITH
OTHERS*




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YOUR BODY
SHOWS YOU

*WHEN IT IS TIME TO
EXPRESS YOURSELF*


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The background features abstract shapes and stylized hands. In the top right, a yellow semi-circle overlaps a pink circle containing three white brushstrokes. A dark green hand silhouette is positioned to the right. In the bottom left, a pink circle with three white brushstrokes overlaps a yellow semi-circle, with a dark green hand silhouette below it.

YOU ARE ENOUGH
**JUST THE WAY
YOU ARE**

*AND YOU DESERVE TO
BE LOVED*


TJASA STRLE



YOU WILL FEEL
LOVED

WHEN YOU`LL
TAKE CARE OF
YOU.

YOU ARE AMAZING.


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