



Because of Jesus, L... .

Understand I don't have to be perfect to be loved

No longer measure myself by the world's yardstick

Trust that I am who God says I am

Anchor my identity in Jesus alone

Never give up on my healing

Give myself grace for being human

Love myself from head to toe—stumbles, fumbles, and all

Embrace that I was created on purpose for a purpose

Dump those not-good-enough messages for the truth