

Breathe, Believe, Receive



*Today I will take a deep breath in as I move forward. I come to gain strength and to offer it. I know that I am on a path that I cannot walk alone so I will find ways to connect and communicate my needs. I give myself permission to be vulnerable, recognizing that my fear is just courage looking for a way in. I know that even when I fall short of my hopes, I am enough because I try and I care . When I am overwhelmed or frustrated, I will connect to the community of support that is my family of choice. **There is wisdom in our connection, there is hope in our hearts, and there is strength in our togetherness. Today I will exhale knowing I am not alone.***