

TRUTH DECLARATIONS

The Truth is, I cannot practice true compassion, until I show compassion to myself.

The truth is I have the right to have a voice

The Truth it is my enough-ness is never in question.

The Truth is, I matter.

The Truth is, I am not my body.

The Truth is, I have needs and my needs are important.

The Truth is, my body is not for the purpose of turning heads, but turning hearts.

The truth is, my thoughts create my emotions.

The Truth is, the only way to close the gap between how you really feel and how you wish you felt is to seek validation for who you really are.

The Truth is I am responsible for every choice I make, as is every other human.

The Truth is I am responsible for what I eat.

The Truth is, others can't reject me. Only I can reject myself.

The Truth is, I am strong.

The Truth is, I have a voice and am using it.

The Truth is, I am the only person who gets to determine who I am. No one else can.

The Truth is, your worth is independent of anything you think, feel, do, or anything that has been done unto to you.

The Truth is, how others treat me, doesn't determine or affect my worth.

The Truth is, I have the right to change my mind.

The Truth is no one heals in a straight line.

The Truth is, I was never meant to be compared.

The Truth is, mistakes are opportunities to learn.

The truth is I cannot make myself more or less valuable.

The Truth is no one can take away from you what you put in your own mind.

The Truth is suffering is universal. Victimhood is optional.

The Truth is I am powerful.

The Truth is my voice matters.

The Truth is I get to decide if I will care for or neglect my body.

The Truth is how my body looks right now has nothing to do with my worth, acceptability and lovability.

The Truth is I am strong, emotionally and physically.

The Truth is, I am human.

The Truth is, I can do hard things.

The Truth is, I am responsible for my thoughts, feelings, perceptions, and choices.

The Truth is, vulnerability is the cornerstone of confidence.

The Truth is, imperfections are not inadequacies, they are reminders that we are all in this together!

The Truth is I am worthy of love and belonging.

The Truth is, Vulnerability is the birthplace of innovation, creativity and change.

The Truth is, just because someone isn't able or willing to love me, doesn't make me unlovable.

The Truth is, I don't have to do this alone, I wasn't meant to.