

When things change inside you,



things change around you.



YOU ARE
STRONG

YOU ARE
ENOUGH

YOU ARE
LOVED

@theheartlings

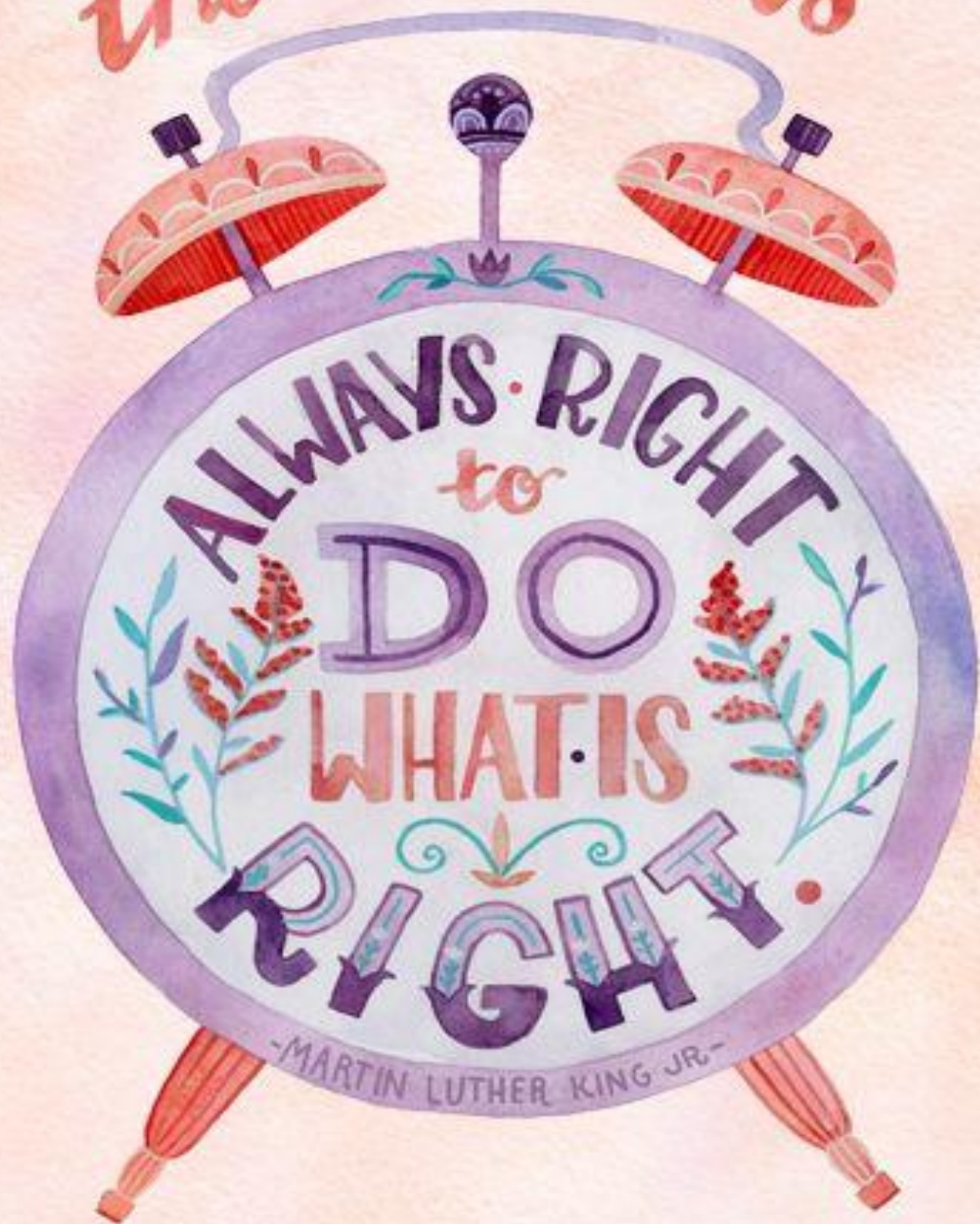


BE
GENTLE
WITH
YOURSELF

YOU'RE DOING
THE BEST YOU CAN

@THEROSTREDHEAD

the **TIME** is





Kindness
is
magic.



I think
it's time
to smile
again.