NO LONGER INVISIBLE

Notes to myself

Words to see, every day,
until they feel like home.

How to use your notes

1. Print on thick paper or card (A4, actual size).
2. Cut along the dotted lines.
3. Stick each note where you will see it: your mirror, the fridge, your desk.
4. Read it out loud when you pass by. Swap in a new note whenever you are ready.

I am here, and I am finding my way back to myself.

Listening to my body helps me care for myself and others.

I now choose kindness towards myself.

I set down what isn't mine to carry.

I am worthy of rest, just as I am.

I listen to my body's messages and act on what I can.

I know what matters to me, and I give it a place in my life.

I am becoming the woman who lives by her values.

I forgive myself for what I couldn't see or do then, and today I make new choices.

I speak to myself with kindness and respect, and that helps me grow.

I am setting clear boundaries as an act of self-respect and honesty.

I am the woman I choose to be.

I can pause and ask what I need.

My needs count too.

I can turn my attention back to myself, one small choice at a time.

I am listening to my body.

My body is allowed to rest.

I can respond to what I feel.

I can speak to myself as I would to a friend.

I am allowed to learn from my mistakes.

I choose kindness over criticism.

I can let others carry their share.

My energy matters.

I am allowed to put things down.

Do one thing at a time.

My rest matters as much as my work.

I am allowed to be still.

My body is giving me information.

I pause and hear what my body is saying.

I notice what keeps coming back.

My values are worth listening to.

I can check my choices against what matters.

What I care about counts.

Each choice shows me who I am.

I can choose again whenever I need to.

I am grateful to learn and grow.

I am responsible for my next step.

I can be honest with myself and still be kind.

I am free to choose differently now.

I am worthy.

I speak to myself with kindness and respect.

I can make a mistake and still believe in myself.

My needs matter.

I can speak clearly and stay kind.

I can say no without over-explaining.

I trust myself to keep going.

I show up for myself in ordinary moments.

My small choices are shaping my life.