

IT IS OKAY

It is okay to feel angry
It is okay to feel scared
It is okay to feel alone
And it is okay to feel my feelings

It is okay to relax
It is okay to let go
It is okay to feel powerless
And it is okay to choose rest

It is okay to be upset with Life
It is okay to feel unsettled
It is okay to experiment
And it is okay to ask for help

It is okay to say goodbye
It is okay to release control
It is okay to surrender
And it is okay to express my needs

It is okay to look back
It is okay to take breaks
It is okay to honor my limits
And it is okay to be gentle with myself

It is okay to grieve
It is okay to share (or not)
It is okay to take a chance
And it is okay to trust the trustworthy

It is okay to change and be changed
It is okay to leave things unfinished
It is okay to practice
And it is okay to heal

It is okay to say, "No"
It is okay to say, "Yes"
It is okay to say, "Not now"
And it is okay to take care of myself

It is okay to put self-care first
It is okay to enjoy
It is okay to laugh and play
And it is okay to schedule "fun"

It is okay to be courageous
It is okay to make mistakes
It is okay to apologize
And it is okay to forgive

It is okay to start over
It is okay to dream
It is okay to be creative
And it is okay to take my time

It is okay to not be okay
It is okay to trust my intuition
It is okay to seek balance
And it is okay to love myself exactly as I am