

My sensitivity
is a gift,
not a
burden.



I am safe to
feel deeply
and express
my true self.



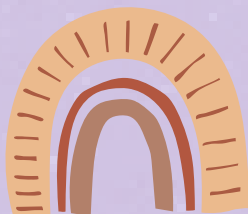
I honor my
need for rest
and recharge
without guilt.



My emotions
guide me to live
a life aligned
with my heart.



I attract
people who
appreciate and
respect my
sensitivity.



It's okay to
say no to
protect my
energy.



My sensitivity
allows me to
experience
beauty deeply.



I am resilient,
even when I
feel
vulnerable.



My needs are
valid, and I
am worthy of
prioritizing
them.



I am allowed
to create
boundaries that
protect my
peace.



My intuition
is strong
and
trustworthy.



I embrace my
unique
perspective
and cherish
my insights.



My empathy is
a strength
that benefits
others and
myself.



I have the
power to
choose what I
focus my
energy on.



I am not
defined by
others' opinions
or
expectations.



I find balance
between caring
for others
and nurturing
myself.



My sensitivity
helps me
connect
deeply with
those I love.



I release the
need to hide
my true self
from the world.



I am a source
of kindness
and compassion
in the world.



I am not too
much; I am
exactly enough
as I am.



My boundaries
are essential
to protect my
well-being.



I trust in my
ability to
navigate intense
emotions with
grace.



I am worthy of
love and
respect, exactly
as I am.



I release
perfectionism
and embrace my
beautiful
uniqueness.



I honor my
need for
peace and
stillness.



I am deserving
of a life that
feels good to
my soul.



I give myself
permission to
step back when
I need to.



I have the right
to prioritize my
needs without
explanation.



I am a deep
soul, and that
makes me
irreplaceable.



I choose to
surround
myself with
people who
uplift me.



I am proud
of my ability
to feel and
love deeply.



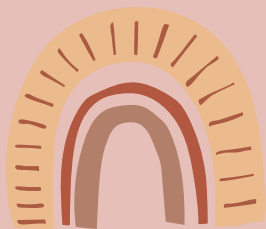
I am
sensitive, and
I am strong.



I let go of
comparing
myself to
others; I am
uniquely me.



I trust that my
emotions are
guiding me to
my truth.



I am capable
of thriving in
my own way
and time.



I allow myself
the grace to
grow and learn
each day.



I am in control
of my energy
and where I
invest it.



I am grateful
for my
sensitivity; it
makes me who I
am.



I release
judgment and
embrace my
true self with
love.



I am a
beautifully
sensitive soul
in a vast and
loving universe.

