



B.R.E.A.T.H.E.

BELIEVE in your worth

RELAX in the knowledge

that **God** has your back

EXAMINE your **b.e.ts**

(beliefs, emotions,
thoughts)

ACCEPT the truth and
reality

TRUST God to give you
strength to make a

decision from a place of
clarity & compassion

HONOR your values with
healthy actions

EMPOWERED by His love,

you are set free from your
momentary emotional fog
& confusion