



# **B.R.E.A.T.H.E.**

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**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