

just so you know,
You're worth it.

You're worth a delicious breakfast.

You're worth calling it a day and going to bed before 10pm.

You're worth the effort it takes to drink a glass of water for every caffeinated drink you enjoy.

You're worth three deep breaths when you feel overwhelmed, or like you can't make a decision, or when everyone wants your attention.

You're worth a new pair of cozy (even cashmere) socks.

You're worth a walk in the park, or just a bit of fresh air every day.

You're worthy of connection with people who really get you, whom you can really trust.

You're worth the time, effort and expense it takes to really care for yourself.

You deserve whatever it is that will really serve you, will really allow you to do your best work and feel good about it.

You deserve a massage, or just half an hour by yourself in a darkened room, if it will allow you some form of release.

You deserve a delicious meal, cooked by someone else, with no washing up – if that's what will feed you.

So here it is: I see you.

I see how much you're trying; how much you're putting into this. I see how hard it is, how much it challenges you. I see how you're doing great, despite the million ways it could all fall apart. You know what I see? I see anyone keeping it together, even if it's by the skin of their teeth, I see that as winning, as success.

And even if you feel like you're falling apart, I know that you're doing better than you think.

This week, get the care and support you deserve, especially from yourself.

REMINDER

You're worth taking
care of, every day,
even when you've
forgotten

You deserve to be at the top of the list, especially your own. Only you can put yourself there.

You deserve to take time off – even when you're not making money or getting everything on your list done.

You deserve praise and acknowledgement for showing up, every day. For keeping going, any way you can. For getting this far.