

# Dreamcatcher of Strength

I AM  
STRONGER  
*than my  
struggles*

I AM  
BRAVER  
*than my  
fears*

I AM  
RESILIENT  
*every single  
day*

I AM  
HEALING  
*and growing*

I AM  
ENOUGH  
*just as  
I am*

*You are  
allowed to  
take up space,  
rest, and  
still be proud  
of how far  
you've come.*

I  
choose  
me