

I believe in myself!

I AM STRONG, CAPABLE & ENOUGH

It's okay to be proud of how far I've come!

I am a work in progress and that's okay!

I choose kindness, to myself and others.

I focus on the good and let go of what I can't control.

I am worthy of love, joy and great things!

Every day is a new chance to grow!

Kaleidoscope
COUNSELING, PLLC

Finding Beauty in the Fragments of Life