

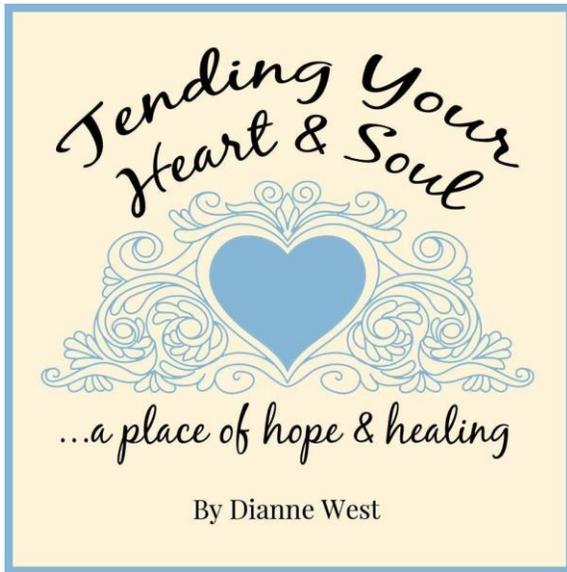
# Dianne West, Truth Cards

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Here's where you'll find more creative activities from the co-founders of Brave Girls Club, Melody Ross and Kathy Wilkins.

<https://melodyross.com/>

<https://melodyross.com/social-distancing-serenity-kit/>

<https://www.facebook.com/MelodyRossToolsForaMeaningfulLife/>

<https://www.haven-place.com/>

<https://www.facebook.com/havenplaceID/>

<https://www.haven-place.com/fill-a-page>

Slow down and really live your life

Today is a great day to begin

Find your tribe . . . and then believe them when they tell you what a star you are.

It is time to come out of hiding

New beginnings are often disguised as painful endings

Do it anyway

She did it anyway

I'm going to do it anyway

Be true to you

Just be YOU

It is time to forgive yourself

Give yourself some grace . . . you are still learning . . . we all are

Turn your words into wisdom

Believe in miracles

No more excuses not to be awesome

Let yourself shine

There is enough for everyone

Create what you seek . . . but cannot find

You get to choose . . . *always*

But what if that lovely dream IS possible?

You are so important

You are a wildflower . . . bloom your own way

Love is the answer

Let's be good to one another

It is going to be okay

Just show up

Never look back except to be thankful

You can start over today

No more holding back

Everything you do matters

You are loved, you are seen, you are understood, you are cherished

The world needs you

You are enough

Just do your best . . . it is enough

You don't have to prove that you are loved or go out and earn it . . . you are already beloved

There will come a time when it doesn't hurt any more

You are made for a joyful life.

Let the love in

Please believe in yourself

You were born to be free

Let yourself be free

Set your heart free

You are so valuable

You can do this

You are amazing

You are beautiful

You are so brave

You are not alone

Remember what you know

You can do it

Light up the world

Good days are ahead

Keep shining your light

Try to love this day

Trust yourself

Be yourself

Let nothing take your peace from you

Take good care of you

You are getting stronger every day

You are important

You are just right just exactly as you are

You are wonderful

You are sunshine

You are a survivor

You will survive this

You will fly again

Let the healing begin

You will get through this  
Be gentle with yourself  
Someday you will understand  
Life really will make sense again  
You have the strength to do this  
Let your best be enough . . . because it  
absolutely is enough  
Be willing to stop and rest  
You are learning things now that will  
help you for the rest of your journey  
Trust this love  
Let the love in  
Life is hard sometimes, let others love  
you  
Look for the miracles . . . they are  
everywhere  
So many people love you  
Let yourself have hope  
You are so much braver than you think  
you are  
You are not alone on this journey  
You will heal, you are healing right  
now  
Everything is going to work out, sweet  
girl  
It's ok to slow down. It's ok to rest. You  
need to recharge your batteries.

Everyone has life seasons . . . good  
times, hard times, confusing times,  
nothing stays the same. Be patient and  
try to learn as much as you can from  
each one. The seasons will change  
again when it is time.

You are not too damaged to become  
whole and new again. You will be  
whole.

No one can ever understand the depth  
of your pain . . . and someday you will  
be able to help another who has the  
same kind of pain as yours.

Life is hard sometimes, let others love  
you.

Things will be peaceful again.

You have the strength to do this

Let your best be enough . . . because it  
absolutely is enough.

It is important to surround yourself  
with souls who love you and believe  
in you.

You can trust, it is going to be ok.

Be gentle with yourself, dear friend.

Angels are watching over you right  
now . . . beside you, in front of you,  
behind you . . . you do not travel  
alone.

You will make it! You will!

Be brave enough to believe in the  
loving kindness of others.

You are so much stronger than you  
think you are

Time will heal that bighurt that you  
are afraid will be there forever . . .  
time and love and faith.

You are strong enough, and you are  
getting stronger every day.

Everything happens exactly when it  
should, lasts exactly as long as its  
supposed to last, and teaches us  
exactly what we need to learn from it.

It's okay to cry, it's okay to hurt, it's  
okay to be human. You are deeply  
loved.

Sometimes the pain is more than you  
can bear, dear girl. That odes not  
mean that you are weak. Those are the  
times when you must turn your pain  
over to God.

Life will be beautiful again.

Someday you will understand.

Life really will make sense again.

Someday soon, you will count more good  
and happy days than sad and  
difficult ones.

Your life is meant to be something  
more beautiful than you could dream.

You are strong enough

You are brave enough

Healing is worth the work it takes.

Keep going. No matter what.

Let the pure love in . . . all the way in.

It is ok to cry if you need to cry.

Every experience has made you into the phenomenal woman that you are today.

It is ok to be afraid . . . just do not let it paralyze you.

You are doing a great job, dear girl - keep it up.

You do not need to put so much pressure on yourself, sweet friend.

Sometimes the healing seems to go backward in the middle of going forward . . . be patient with the winding road of healing.

You do not need to punish yourself, please stop punishing yourself.

Everything will be good again. It will.

You will laugh again.

You will be whole again.

No more holding back.

Bad days will still come along . . . you will make it through them, beautiful soul.

You have gifts the world needs.

It's okay to slow down. It's okay to rest.

Everything is going to work out.

Dear beautiful girl,

Dear amazing girl,

Dear kind girl,

Dear courageous girl,

Dear valuable girl,

Dear cherished girl,

Dear healing girl,

Dear capable girl,

Dear fabulous girl,

Dear sweet girl,

Dear phenomenal girl,

Dear inspiring girl,

Dear wonderful girl,

Dear beloved girl,

Dear learning girl,

Dear brave girl,

Dear loving girl,

Dear tender-hearted girl,

Dear wondering girl,

Dear believing girl,

Dear worthy girl,

Dear resilient girl,

Dear creative girl,

Dear burdened girl,

Dear gentle girl,

Pain is often a gift or a messenger - look for the gifts and the truth wrapped inside of it.

Every experience has made you into the phenomenal person you are today.

Let yourself be happy . . . you deserve to be happy.

You must start taking time to nurture yourself . . . the world needs the very best of you.

It's time to cut yourself some slack. You are doing just fine.

Your life is valuable and priceless. You are irreplaceable.

You can start over today. Today is day one.

You are ready. You can do this.

It is time to forgive yourself, wholly and completely.

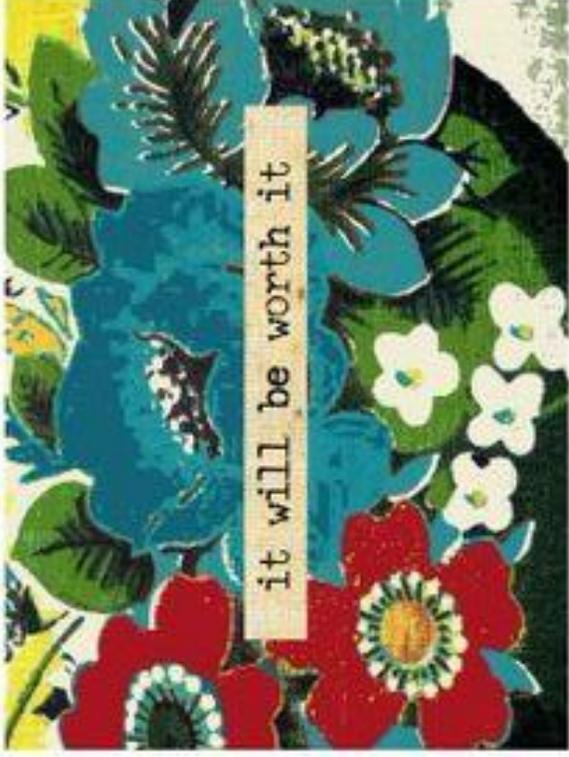
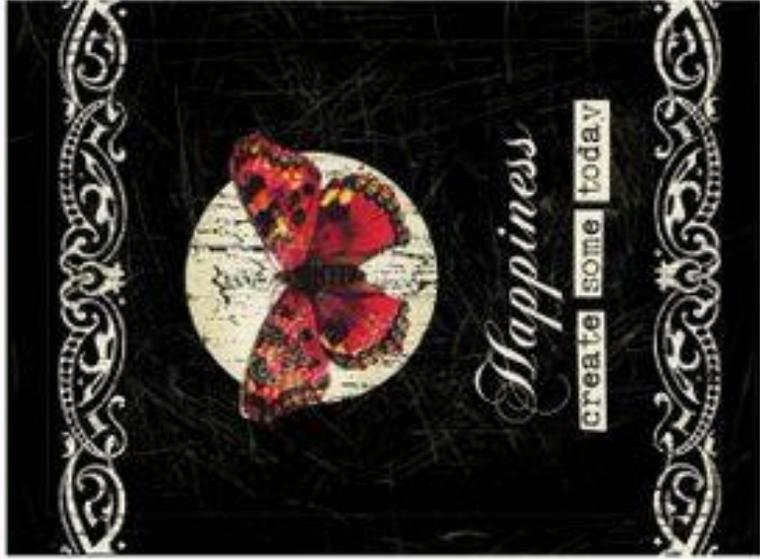
You are made for a joyful life.

You can use all you have learned and all you have experiences, especially the hardest stuff, to help someone else on their life's journey.

You are learning things that are making you braver and stronger every day.

What's done is done . . . it's time to move forward.

THIS MAKES ME SMILE

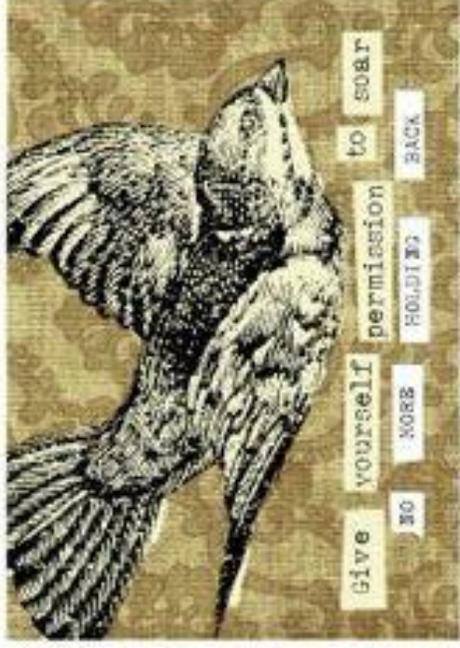


she  
did it  
anyway

you are "brave" enough

Go, you!

being unique is beautiful



live in this moment

When there is a prompting in your heart and in your gut that keeps coming back... and won't go away...

it is usually because YOU are THE ONLY PERSON ALIVE WHO can do that exact important thing that you are feeling prompted to do... and that if YOU do not do it... it will never ever be done the way it was supposed to be done... maybe it will never be done at all.

Sooooooooooooo.....

Listen to your heart messages... do whatever it takes to make them happen.

## TRUE HAPPINESS

this is who I am

I AM  
BY DESTINY  
TODAY  
I AM  
BY DESTINY  
TODAY  
I AM

LUCKY ME

go where the peace is

free your beautiful mind

YOU ARE SO MUCH

*Stronger*

THAN YOU THINK YOU ARE

I CAN DO HARD THINGS

