



To my amazing soul,

To my kind soul,

To my courageous soul,

To my valuable soul,

To my creative soul,

To my wandering soul,

**TO MY HEALING SOUL,**

**TO MY QUIET SOUL,**

**TO MY BRAVE SOUL,**

**TO MY SEARCHING SOUL,**

**TO MY PHENOMENAL SOUL,**

*To my wonderful soul,*

To my weary soul,

To my tired soul,

To my not-giving-up soul,

*To my I-got-this soul,*

*To my sunshine soul,*

To my Eeyore soul,

To my remembering soul,

To my tired soul,

To my loving soul,

*To my never alone soul,*

To my loved soul,



Tragedy Assistance Program for Survivors

You are brave enough.

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

You are strong enough.

*Healing is worth the work it takes.*

**Let the healing happen.**

*Stop and rest.*

Let pure love in - all the way in.

It is okay to cry if you need to cry.

**Look for the miracles they are  
everywhere.**

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

**So many people love you.**

Let yourself have hope.

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

You are so much braver than you  
think you are.

You are doing a great job -

keep it up.

You are not alone on this journey.

*You do not need to put so much  
pressure on yourself.*

**You will heal, you are healing right now.**

*Sometimes the healing seems to go  
backward in the middle of going forward  
- be patient with yourself.*

*it's okay to slow down and rest you need to  
recharge your batteries.*

**Keep shining your light.**

**You are so valuable.**

Try to **love** this day.

You are so important.

**Having gratitude is a  
great road to happiness.**

You can do this.

Trust yourself.

You are amazing.

Be yourself.

You are beautiful.

Look within.

**You are so brave.**

**You are not alone.**

*Let nothing take your peace from  
you.*

*You matter.*