Meddust

DESIGN

affirmations
FLIP BOOK

We create our own glass ceilings.

And so the shift begins from surviving to thriving.

Take time out.

## Life is full of magic and beauty.

Celebrate your wins. Progress not perfection.

No one is better at being you, treasure your uniqueness.

Be kind to yourself.

All that you desire is on its way to you.

Stay in your lane.

Learn from the past.

Seek joy in the small things.