

Gratitude & Forgiveness recommended content

Fuck it Bucket: This here is the Fuck it Bucket. When you have a limiting belief, or negative thought, or hear an opinion from someone else that doesn't serve you.. You chuck it in the Fuck it Bucket!!



& We get to be this & that:

- Understanding that I didn't have to CHOOSE between two things that I wanted, or two feelings I was experiencing, helped save me from additional anxiety and other emotions that weren't benefiting me.
- Earlier this year I got my first tattoo, the ampersand. These are some of the reasons behind this tattoo and what it means to me:
 - ❖ I've been broken & I am stronger than ever
 - ❖ I am a teen mom & I am the best mother I've ever personally known (humbly)
 - ❖ I can be present & daydreaming
 - ❖ I can be a successful woman & a great mom/wife, simultaneously
 - ❖ I can sit still in the "suck" & honor the struggle with a grateful heart
 - ❖ I can live for myself & live for the ones I love
 - ❖ I can be hurt & still love
 - ❖ I can have experiences with depression & anxiety AND be grateful & grounded

Gratitude & Forgiveness recommended content

- ❖ I can be unsure & trusting
- ❖ I can be nervous & leap anyways
- ❖ I can be everything I've ever dreamed of being & more
- ❖ I can have all the happiness I desire & more
- ❖ I can receive & give
- ❖ I can be brought down & still I rise
- ❖ I can have anything & everything
- ❖ I am his person & mine
- ❖ I am their mom & my own person
- ❖ I can love who I am/my life wholeheartedly & want more for myself/my life



((Such a raw and beautiful experience this was))

- What have you said no to because you didn't think you could do both? I invite you to look at these dreams, thoughts, feelings, etc and ask yourself "Can I be both?" "Can I feel both?". Unpack how YOU really feel versus what you were taught to feel. You know your capacity, no one else does.

No More Boxes, No More Labels:

- Wondering what "No more boxes, no more labels" means?

Gratitude & Forgiveness recommended content

- ❖ So much of our pain stems from the “boxes” we have been placed in. Those boxes are what literally shaped my life in a way that didn’t serve me.
- ❖ My boxes looked like: shame, guilt, embarrassment, sadness and confusion... and I lived in them, alone.
- I promise, you don’t have to live in any type of box. You can just be YOU, however that looks and feels, it’s all okay. Love yourself with no judgement. Practice RADICAL self acceptance. Create the space to invite others in to do the same and stop worrying about the opinions of those who are not in your circle.
- And Parents: allow your children to be who they are. Period. Allow them to express themselves. Don’t put them into a box – they don’t need to be labeled, they need to be loved.
- Boxes/labels
 - 📦 “She still has baby weight”
 - 📦 “She is shy”
 - 📦 “She is a tomboy”
 - 📦 “Teen Mom”
 - 📦 “Divorced”
 - 📦 “Depressed”
 - 📦 “That’s a boy color”
 - 📦 “You can’t love someone who looks like that”
 - 📦 “You don’t have the body shape for that”
- What are some of your boxes/labels that you are ready to get out of and rip off? Write them down, and release them. Freedom feels good ♡
- Think before you speak & think before you receive words spoken to you.

XoXo,
Janelle