

# *Take What You Need*

HEALING STARTS IN YOUR MIND.

So if you're feeling overwhelmed, stuck, or second-guessing everything, take the shift that speaks to you most today.

(Or write in your own!)

You're not behind. You're not broken. You're learning to think like someone who heals.



***Just remember... you got this!***

*I deserve to live Flare Free.  
And changing my diet can  
help me get there.*

*This lifestyle change isn't  
punishment. It's selfcare.*

*Nutritious meals can be  
delicious too.*

*Healthy food should comfort  
my soul + nourish my body.*

*I can indulge in my cravings  
without ruining my progress.*

*Food only works as medicine  
if I use it consistently.*

*I can be patient + trust the  
process until I see results.*

*Nothing tastes as good as  
flare-free feels.*

*My tastebuds will change  
with time.*

*Healing is in my future.*