being you
a journal

ELENA BROWER
iam.
WHO am i? WHY am i here?
WHAT GIFTS do i carry?
This is my **body**.

These are my **boundaries**.

I am here to honor and amplify actions that are self-respecting.
you
What value do I see in myself?

I keep my word to myself and to others by meaning what I say and saying what I mean.

**Self-Esteem**

Confidence in one's own worth or abilities; self-respect.

When you know your worth, the world will feel it too.

I manage my thoughts and feelings using my breathing.

I accept responsibility for my experiences by considering how I am seeing.
“I used to believe that I had to learn how to love myself before I could take care of myself.

But I’ve realized that taking care of myself is actually teaching me how to love myself.”

- Tanya Markul
I am the custodian of my inner state.
This is the world I carry within myself.
I am not defined by what happens. 

This is what happened. 

I am defined by the meaning I give to it. 

This is the meaning I've given it.