



being you
a journal

ELENA BROWER

 **sounds true**
BOULDER, COLORADO



i am.

A hand-drawn circle in red watercolor, with the text "WHO am i ? WHY am i Here ?" written inside the top arc.

WHO am i ? WHY am i Here ?

WHAT GIFTS do i carry ?

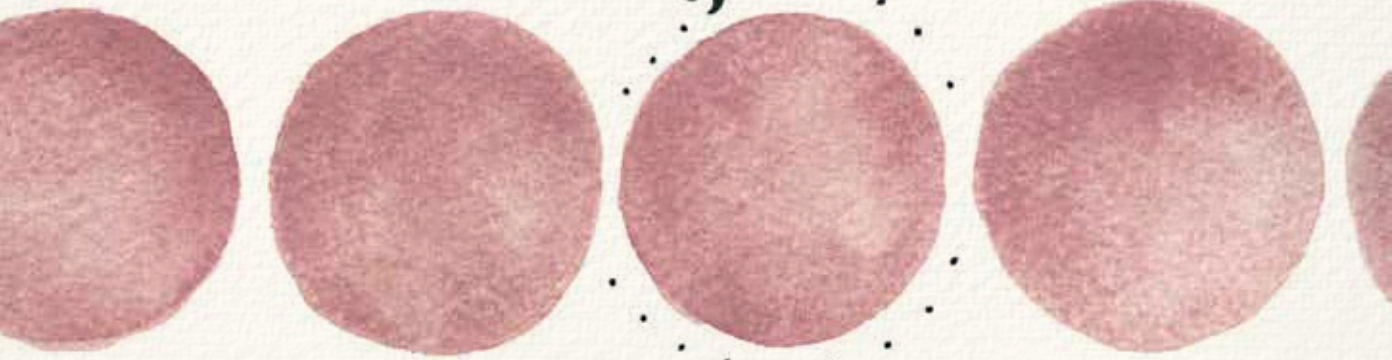


THIS IS MY BODY.

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


How
is
i
give
THIS MYSELF
peace
Today.

A starburst graphic composed of many small colored dots in shades of red, pink, blue, and purple, radiating from a central point. The words "How", "is", "i", "give", "THIS MYSELF", "peace", and "Today." are arranged around the starburst.



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.