

One Sentence You Could Believe

Builds one kind line about yourself that does not feel like a lie when you read it.

WHEN TO USE THIS

Use this if the usual encouraging sayings feel fake to you.

If a sentence feels false, it will not help. This is about finding one that holds up.

Write a kind thing about yourself that you do not believe at all.

Now write one that is smaller and true. Something you could not argue with.

I keep showing up. I am trying. I have got through worse than this.

Write your sentence again, bigger. Somewhere you would see it.

One true sentence beats ten you do not buy.