

IN MY BRAIN:

**I BREATHE** IN THE SMALL THINGS

I AM MY BODY'S OWN **ADVOCATE**

I PAUSE TO BE STILL FOR A MOMENT

**I SURVIVE**

**I BELIEVE**

I AM VULNERABLE

**I AM POWERFULLY  
COURAGEOUS**

**I NEED QUIET**

I FIND **INSPIRATION**

I KNOW THAT LIFE IS SHORT,  
SO WHY NOT MAKE THE MOST OF IT ALL?

**I LIVE EACH DAY AS  
IT COMES**

I LIVE A NEW NORMAL, BETTER NORMAL

**I LOVE AND RESPECT MY  
BODY AND BRAIN**

I CARRY SCARS, MANY NOT VISIBLE TO OTHERS

**I EMBRACE MINDFUL  
LIFE AND AM**

I SEEK **PATIENCE AND UNDERSTANDING**

**I AM A WARRIOR**

CLAIRE SNYMAN