KALENVE AND HER FAITHFUL FRIEND

Words for the Road

Daily affirmations

Say these words out loud. Quietly, the way Kalenve listens to the earth.



KIND WORDS. BRAVE STEPS. A WARM ROAD.

1 I LISTEN
I can listen to people, to nature and to myself.

2 I AM NOT ALONE
There are people beside me who won't let me fall.

3 I NAME MY FEAR
Fear gets smaller when I say it out loud.

4 I LEARN FROM MISTAKES
My mistake is experience, not a sentence.

5 I ASK FOR HELP
Asking for help is strength, not weakness.

6 I CAN CHANGE MY MIND
I change my mind when I learn something new.

7 I REMEMBER MYSELF
I remember who I am, even when fog is all around.

8 I TAKE THE FIRST STEP
The first step is the hardest; after that it gets easier.

9 I HOPE AND I ACT
Hope and action walk side by side.

10 I AM SUPPORT FOR OTHERS
I can keep someone else from falling.

11 I TRY TO UNDERSTAND
I think about how others see the world.

12 I CAN REST
I rest, but I don't give up.

13 I NEVER LOSE
I either win or I learn.

14 I HEAR MY FEELINGS
Water is not the enemy. Neither are my feelings: they just need to be heard.

15 CHANGE IS MY ROAD
Change is part of the journey.

16 CONNECTION OVER STRENGTH
The great law of the Reaches.

★ REMEMBER ★

Speak calmly, not by rote.
Tap your palm: tuk-tuk-tuk.
Choose the words of the week together.
LISTEN. BELIEVE. STEP.

I will do everything I can to hear each one of you.

Kalenve

TUK · TUK · TUK