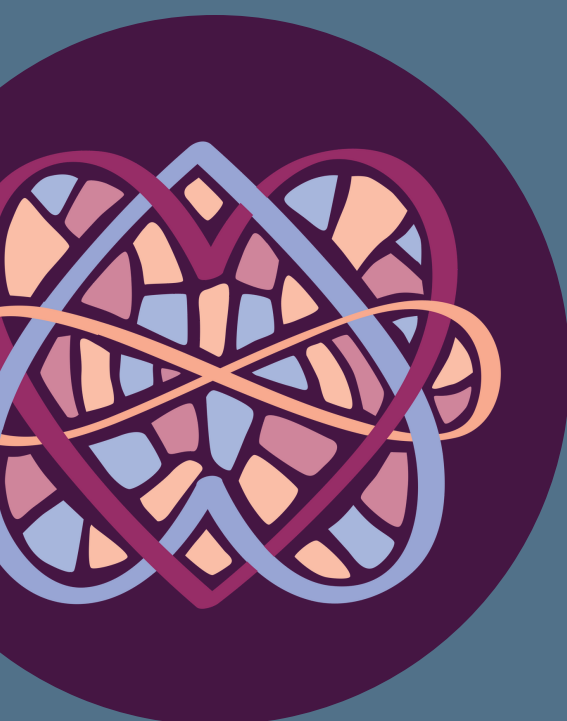


Kelly Buckley

— AUTHOR, SPEAKER, TEACHER OF GRATITUDE AND RESILIENCE —

I AFFIRM MY
STRENGTH.
I AM...

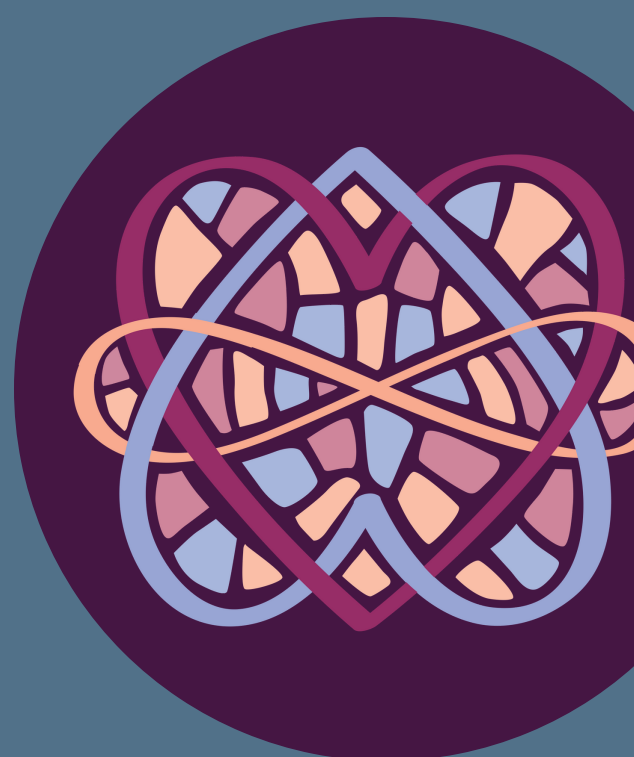


PERFECTLY IMPERFECT

I truly accept and love myself no matter what difficult decisions I've faced, choices I've made or defeats that have broken me. Even with cracks and scars, I know that my heart, soul and spirit is still very much intact and I deserve love and happiness.

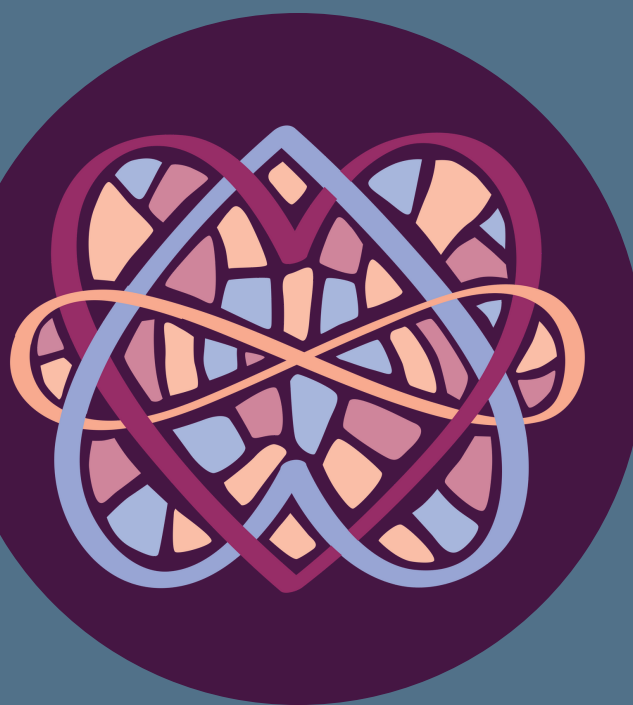
OPEN -HEARTED

I know that love is all that matters. No matter how difficult the circumstances, I recognize that a closed heart will only prolong the hurt. I open my heart, even when I am scared and understand that life is meant to be lived.



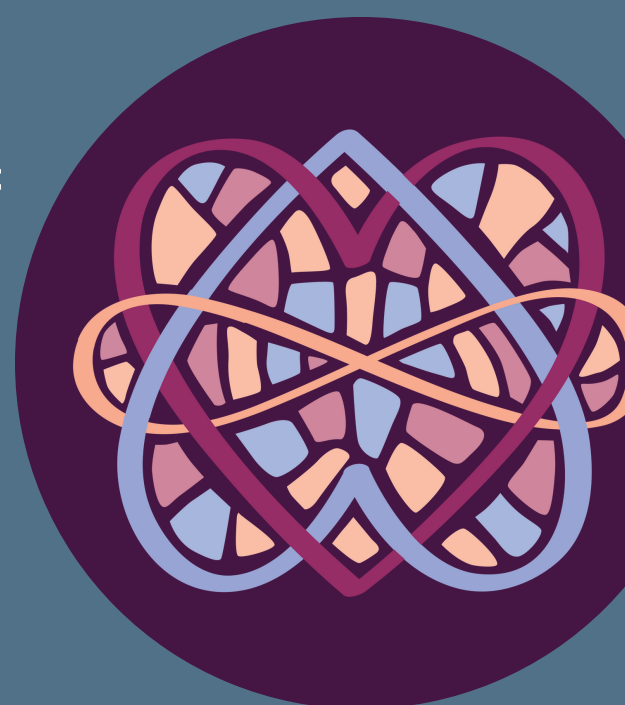
GRATEFUL

I choose to look for the tiny blessings in every day, and I find those blessings in abundance. I understand that no matter what I face, being grateful for even the smallest of things is the foundation for a happy life.



CHANGE-MAKER

I choose to make my little piece of the world a better place. I am a natural nurturer. I use my life experiences and the wisdom from my journey to help others in my family, neighborhood, community and planet.



www.kellybuckley.com