



GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



VALIDATION TWO: MY TRUTH

I BELIEVE in the strength and capability of all people.

I BELIEVE beyond our wildest dreams.

I BELIEVE everyone deserves the best.

I BELIEVE anything is possible.

I BELIEVE when others might not.

I BELIEVE we have a lot to learn from each other.

I BELIEVE that together we're better.

I BELIEVE in what people care about.

I BELIEVE in doing what's right.

I BELIEVE we will find a way.

I BELIEVE we will make it happen.

I BELIEVE we will make a difference.

I BELIEVE we will change the world.