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★ **Punchy Positivity** ★
Digital creator
Creating Awareness for
ψ Mental Wellness
ψ Communication
ψ Self-Compassion

Quotes Did You Know About Me New

POSTS SAVED TAGGED

"IT BECOMES UNDERSTOOD THAT HAPPINESS IS NOT DEPENDENT ON CIRCUMSTANCES BEING EXACTLY AS WE WANT THEM TO BE, OR ON OURSELVES BEING EXACTLY AS WE'D LIKE TO BE"

Intrapersonal Communication
Intrapersonal communication

DID YOU KNOW
Self-talk is established during the filtering process of communication which takes information from the

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