

An aerial photograph of a beach at sunset or sunrise. The ocean waves are breaking onto the shore, creating white foam. The sand is a warm, golden-brown color. The sky is not visible, but the lighting suggests a low sun. The text is overlaid on the image in a clean, white, sans-serif font.

Trusting yourself means
living out what you
already know to be true.

Cheryl Strayed

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Trusting Yourself

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