

To protect my energy, it is okay to change my mind.
To protect my energy, it is okay to cancel a commitment.
To protect my energy, it is okay to take a day off.
To protect my energy, it is okay to not answer that call.
To protect my energy, it is okay to not share myself.
To protect my energy, it is okay to do nothing.
To protect my energy, it is okay to be alone.
To protect my energy, it is okay to sleep in.
To protect my energy, it is okay to speak up.
To protect my energy, it is okay to move on.
To protect my energy, it is okay to let go.
To protect my energy, it is okay to change.

-@spiritdaughter