



I accept
myself



**I embrace my
happy feelings.**



**All people have
value, and I am
a valuable
human being.**

I am at peace with
myself



I
deserve
to be happy



I appreciate who I am.



*I look forward to
the future, and I
enjoy the present.*



**I look happily back
to memories from
my past.**



**My future is
bright and
positive.**



I forgive myself for
my mistakes.



I deserve to relax.



*I value myself
as a person.*




**I accept the person
that I am. I accept my
flaws, and accept my
strengths.**



*I feel good about who
I am today.*

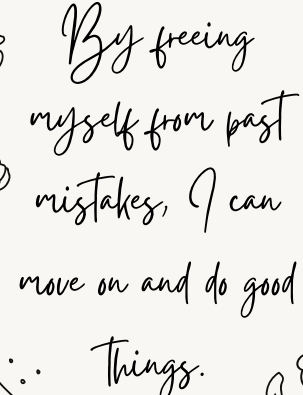
**When my mood is
low, I accept my
emotions and
recognize that the
low mood will pass,
and I will be happy
again.**



I forgive myself for
mistakes I have
made, because I
have felt bad about
them long enough,
and now it is time
to be free.



forgiveness



*By freeing
myself from past
mistakes, I can
move on and do good
things.*

**I do the best that I
can at the time.**

*I accept my
imperfections and
the imperfections
in what I do.*

**I nurture the child
within**


I allow myself to
experience and
express emotions,
both negative and
positive.

I care for *myself*

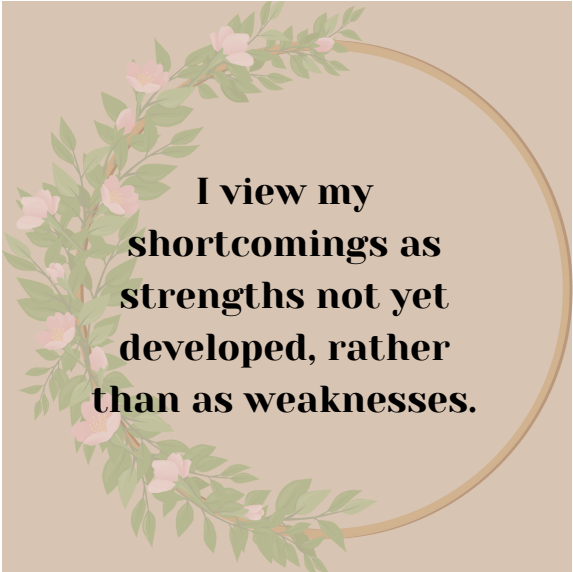
*I approach
challenges with
strength.*




I feel confident.



*I am perfectly
alright just
the way I am.*




**I view my
shortcomings as
strengths not yet
developed, rather
than as weaknesses.**



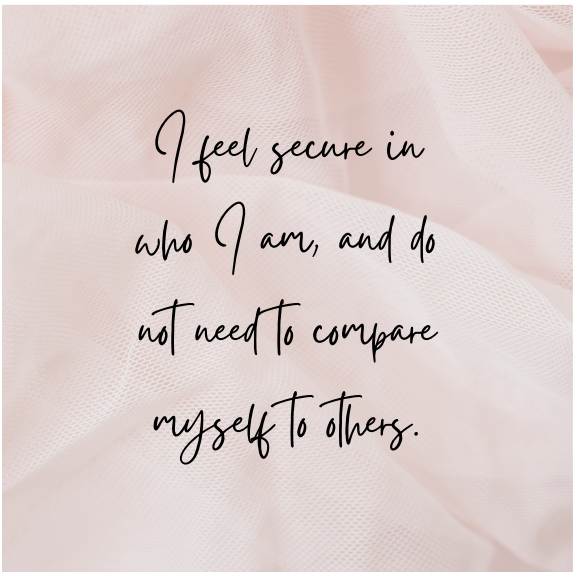
My efforts are good
enough.

I do not have to be
perfect to be okay
as a person.



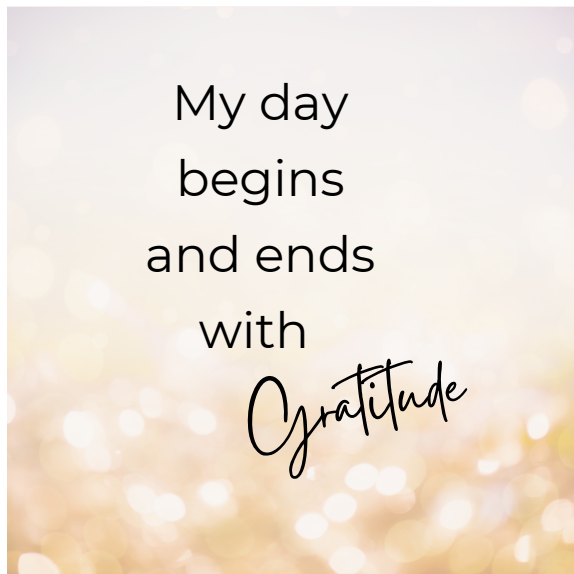
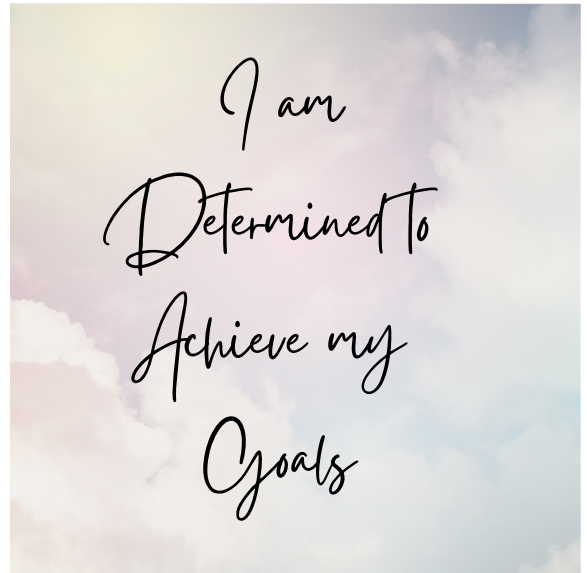
I eagerly
develop new

strengths



*I feel secure in
who I am, and do
not need to compare
myself to others.*







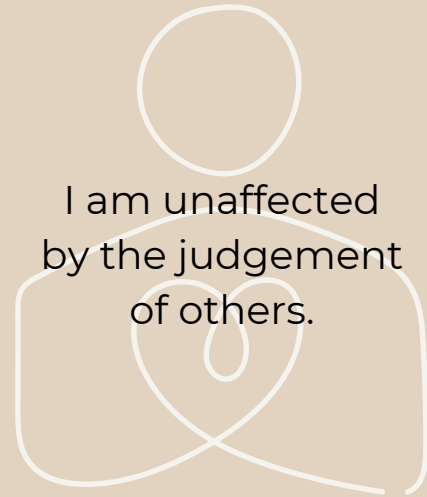
**I choose to be happy
and to love myself
today.**



I am amazing!



I am doing my best.



I am unaffected
by the judgement
of others.



Today I am
overflowing with
energy and *joy*



*Today I choose to
be the most
beautiful version of
me inside and out.*

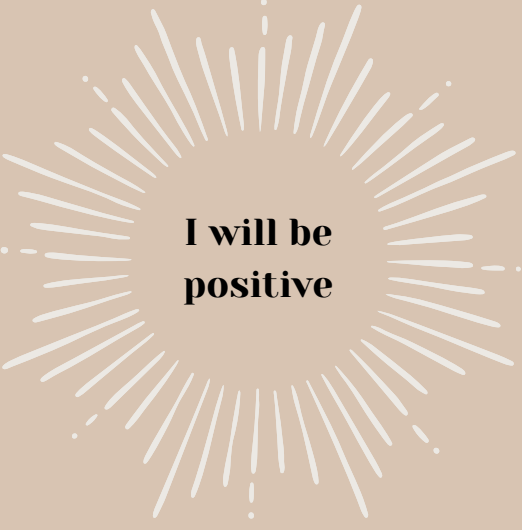


A light beige background with a pattern of white, hand-drawn oval shapes scattered across it.

**I
can
do
anything**

A light beige background with a pattern of brown, hand-drawn oval shapes scattered across it.

I choose to succeed

A solid brown background with a white sunburst pattern radiating from the center.


**I will be
positive**

A solid brown background with a white scribble pattern of overlapping lines.

My possibilities are endless.

A light beige background with a pattern of grey circles scattered across it.

I AM BRAVE, BOLD
AND
beautiful

A light beige background with a pattern of small grey dots scattered across it.

*Today is
going to be a
great day!*



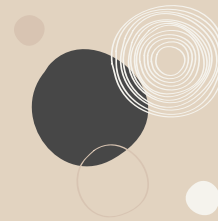
**I am in
love with
myself
and my
body.**



*I am becoming more
confident every day.*



**Even in uncertain
times, I will
handle it.**



**I am free of worry
and regret.**

**I AM BLESSED,
LOVED AND
SUPPORTED**



*I will be kind to
myself today.*

**I am
grateful
for all
that I
have.**


*I am free to be
happy and live a
healthy life*

**I let go of the
past.**

I embrace peace,
love and simplicity.


I HAVE ENOUGH.
I DO ENOUGH.
I AM ENOUGH.

*The universe
has big plans
for me.*

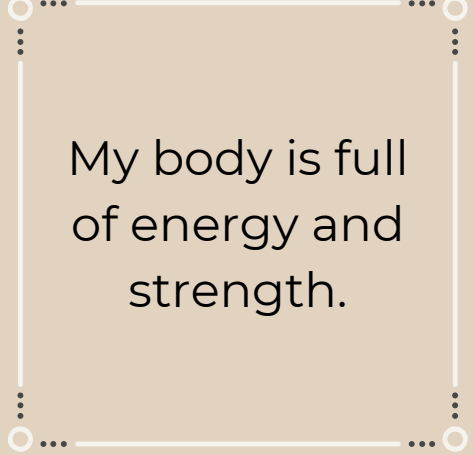



**I focus only on
what I can control
and release worry
about what I
cannot control.**

*I am inspired
To reach my goals
Today.*



**I am at peace with
my past.**



My body is full
of energy and
strength.



**I TAKE CARE OF
MY BODY**



*I feel
wonderful and
alive.*