

I Am Strong, Capable and Resilient.

I DESERVE TO TAKE CARE OF MYSELF AND MAKE MY WELL-BEING A PRIORITY.

I AM WORTHY OF LOVE AND HAPPINESS.

I Release All Negative Thoughts and Embrace Positivity.

I Choose to Focus on the Present Moment and Let Go of the Past.

I Am in Control of My Thoughts and Emotions.

I Am Grateful For All the Good Things In My Life.

I Have the Power to Create the Life I Want.

I AM DESERVING OF SUCCESS AND FULFILLMENT.

I Am Worthy of Self-Compassion and Kindness.

I Trust Myself to Think Things Through and Make Good Decisions.

I TRUST IN MY ABILITY TO OVERCOME CHALLENGES AND GROW STRONGER.

I Have the Courage to Face My Fears and Do Things Outside of My Comfort Zone.

I WILL EMBRACE CHANGE AND WELCOME NEW OPPORTUNITIES.

I Am Proud of Myself for How Far I've Come and I Am Excited for What Lies Ahead.

I CAN LIVE MY BEST LIFE, NO MATTER MY CIRCUMSTANCES.



I Am Enough... Just As I Am.