

# *I choose to feel good about myself each day*

**I choose to feel good about myself each day.**

I like many things about myself. I am fun, interesting, intelligent, and kind. With so many positive attributes, it is easy for me to have a positive opinion of myself.

**I am proud of myself and strive to be even better each day.**

I do have flaws. After all, I *am* human! I can still feel good about myself. I realize that the parts of me that lack perfection help make me unique and are just as valuable as my best parts.

I accept that everyone has flaws and weaknesses. That includes me, too. **I focus on my strengths.**

On those rare occasions I do feel bad about myself, I remind myself how wonderful I truly am. I list my positive qualities and all the successes I have enjoyed throughout my lifetime.

My positive qualities grow each day, and my successes are increasing in number.

**I make it a point to help others feel good about themselves, too.** Everyone deserves to feel good about themselves. I make the world a better place when I feel good about myself and I help others to do the same.

Today, I make a conscious choice to feel good about myself. I am pleased with the person I am and the person I am becoming.

## **Self-Reflection Questions:**

1. What are my best qualities? Why do I consider those qualities to be my best?
2. How does it affect my life when I feel bad about myself?
3. When I feel good about myself, how does it impact my day? How can I feel good about myself more often?