

**I am loved.**

**I always focus on the good of people.**

**I am admired by my friends.**

**I believe I can achieve my dreams.**

**I create my own reality.**

**I always do my best.**

**I never give up!**

**I achieve my goals with hard work and discipline.**

**I focus on the positive aspects of life.**

**My mind is a powerful tool to change anything I want.**

**When I'm faced with challenges, I see an opportunity to grow.**

**My body is perfect just the way it is.**

**I am honest with myself and others.**

**I have a beautiful kind heart.**

**I accept myself no matter what!**

**I accept others around me just the way they are.**

**We are all unique in our own ways, therefore, I don't compare myself with anyone.**

**Every challenge is an opportunity to learn.**

**I always see the positive side on everything.**

**Life can be challenging but also fun.**

**I am strong, confident yet humble.**

**I never criticize myself or others.**

**Every day is an opportunity to change.**

**I commit to always give the best of me.**

**What others think of me, is none of my business.**

**I love myself!**

**I enjoy the simplicity of life.**

**I love my body.**

**I respect and honor myself.**

**I respect all forms of life.**

**I exercise to always stay healthy and strong.**

**My body is a sacred temple therefore I treat it with respect.**

**I breathe deeply to stay calm.**

**I know my future will be bright and beautiful.**

**I am the author my own destiny.**

**I listen to my heart.**

**I am safe and protected.**

**I have lots of friends who love me.**

**My dreams are coming true.**

**I give love therefore I receive love.**

**I am friendly and kind to others.**

**Every problem has a solution even if I can't see it at the moment.**

**I am kind and generous.**

**I can do it! I'm strong!**

**I love to laugh and have fun!**

**I'm intelligent even if I make mistakes.**

**I learn from my mistakes and let them go.**

**I pause to think and act responsible.**

**I'm always calmed no matter the circumstances in front of me.**

**I love myself even though I sometimes fail.**

**Every day brings new opportunities to change.**

**I accept and love myself.**

**I am kind and compassionate.**

**I am relaxed and calmed.**

**I believe in myself.**

**I am brave and fearless.**

**I have trust in myself.**

**I am generous and kind.**

**I am nice and kind to others no matter who they are.**

**I always think calmly before making important decisions.**

**I am kind to everyone.**

**I am always protected and safe.**

**Whatever I do, I give my best.**

**I am exactly where I need to be.**

**I trust in my abilities.**

**Love is all around me.**

**I think positive every day.**

**I pause to observe the beauty of life that is all around me.**

**I solve problems.**

**I am unique and beautiful.**

**I have lots of energy.**

**I am peaceful.**

**I love being a positive thinker.**

**I know everything will be okay.**

**I can become whatever I want to be.**

**I embrace change.**

**I forgive myself.**

**I let go of guilt and resentment.**

**I see the beauty on every one.**

**I love myself no matter what.**

**I make friends easily.**

**Life is beautiful, I always smile.**

**My intuition is a guide showing me the right direction.**

**I have a beautiful imagination.**

**I am confident.**

**I enjoy the simplicity of life.**

**I welcome the unfoldment of events.**

**I am caring.**

**I love to laugh and enjoy life.**

**I find creative solutions to my problems.**

**I think positive.**

**I am thankful.**

**I am grateful for everything I have.**

**I am courageous.**

**I never let obstacles stop me, I'm invincible!**

**I am gentle with myself and others.**

**I am beautiful no matter what anyone think!**

**I enjoy testing new ideas.**

**I have courage and power!**

**I always have happy thoughts.**

**I forgive others for their mistakes.**

**I always reach my goals.**

**I let go of worries about the future. I know everything will be okay.**

**I let go of regrets and mistakes. I forgive myself.**

**Problems are challenges to better myself.**

**I get better and better every day.**

**I discover the beauty in everything around me.**

**I have positive thoughts and I create my future that way.**

**I am in charge of my life.**

**All is well.**

**There is goodness in all people even if they make mistakes.**

**I enjoy discovering something new.**

**I take care of my mind by cultivating positive thoughts.**

**My family and friends love me for who I am.**

**I am a good friend to myself.**

**My family loves me even if we have disagreements.**

**I enjoy learning.**

**I have many good friends and I will always make new one no matter where I go.**

**I am very creative.**

**I believe in my abilities.**

**I am persistent.**

**I understand complex problems quickly.**

**I am forgiving.**

**I am honest.**

**I am trustworthy.**

**I always find ways to overcome challenges**

**I am compassionate.**

**I listen to my inner wisdom.**

**I am open to new and exciting possibilities**

**I make friends easily**

**I have a beautiful future in front of me.**

**I give freely.**

**I am a good influence on others.**

**I am carrying.**

**I am smart and funny!**

**I have good friends that care about me.**

**I am a good friend and attract good friends.**

**I am thoughtful and kind.**

**I enjoy spending time with myself.**

**I am strong, inside and out.**

**I am gentle.**

**I reach for the stars.**

**Miracles happen to me.**

**I breath out all of the stress and breath in positive energy.**

**I am joyful.**

**I am patient.**

**I am brave.**

**I find joy helping others.**

**I am patient with myself and others.**

**I am perfect just the way I am.**

**I keep my body healthy.**

**I am beautiful inside out.**

**I enjoy healthy food.**

**We are all beautiful in our own ways.**

**I accept my flaws and virtues, I love myself.**

**I am ready to seize the opportunities of the day.**

**I am awesome!**

**I care about others.**

**I feel joy in every corner of my body.**

**I work hard, I never give up.**

**Life is fun, I love to laugh.**

**If something doesn't feel right is because it's not right, I trust my intuition.**

**I enjoy being cheerful.**

**I am important.**

**I can do anything.**

**I am peaceful.**

**I approve of myself.**

**My heart guides me.**

**I trust my intuition.**

**I am thankful for being who I am.**

**I see the good in myself.**

**I enjoy being happy.**

**I Live, Love, and Laugh.**

**I support others with love and kindness.**

**I enjoy absorbing knowledge like a sponge.**

**I always overcome my challenges.**

**I am worthwhile of all the love and happiness in the world.**

**I am proud myself.**

**I take care of my responsibilities.**

**I am beautiful.**

**I like being challenged.**

**I am a bright student.**

**I play an important role in the world.**

**I like myself.**

**I am thoughtful.**

**I trust my inner the wisdom.**

**I replace anger with compassion.**

**I am optimistic.**

**I am beautiful.**

**I am excited of the unknown.**

**I am full of energy.**

**I respect other people.**

**I learn from my mistakes.**

**I love my family and friends.**

**I receive all the help that I need.**

**Everything works out just fine.**

**Wonderful and awesome things happen to me.**

**I am kind to others.**

**I enjoy challenging myself.**

**I forgive myself for making a mistake.**

**I believe in myself.**

**I believe in my dreams.**

**I have the courage to be myself.**

**I am okay with who I am.**

**I love my family.**

**I learn quickly.**

**There is goodness in everyone.**

**I love to smile every day.**

**My mind is powerful and I create my own destiny.**

**I am healthy and strong.**

**I am grateful for my life.**

**I am grateful for my family.**

**I am grateful I have friends.**

**I am grateful I have a healthy body.**

**I wake up in the morning with positive attitude therefore my day goes well.**

**I will be a good role model for others.**

**Today will be an awesome day!**

**Today I stay present on the here and now and let go of worries and regrets.**

**It is okay to make mistakes.**

**Everyone is fighting a battle I know nothing about, therefore I don't judge others.**

**I accept others just the way they are.**

**I cultivate positive thinking by finding one thing to be grateful every day.**

**If plan "A" didn't work out. The Alphabet has 25 more letters!**

**I always have everything I need to be happy.**

**I live a positive life and only attract the best in my life.**

**I am peacefully allowing my life to unfold.**

**Today, and every day, I choose to be happy.**

**Happiness is a choice, I choose to be happy!**

**I am fun and energetic and people love me for it.**

**My life overflows with happiness and love.**

**Today is rich with opportunity and I open my heart to receive it.**

**I take the time to show my friends that I care about them.**

**I am thankful that I get to live another day.**

**I see the world with beauty and color.**

**I deserve whatever good comes my way today.**

**I believe in myself.**

**Today, and every day, I choose to be confident.**

**I radiate confidence, certainty and optimism.**

**I courageously open and move through every door of opportunity.**

**I am in charge of my life.**

**I have the power to live my dreams.**

**My mind has unlimited power.**

**I stand up for what I believe in.**

**I act with courage and confidence.**

**I love myself more every day.**

**I am blessed with an incredible family and wonderful friends.**

**I give my life to the world and the world sends me love in return.**

**Today, and every day, I choose to give to the world.**

**Today, and every day, I choose to make a difference in this world.**

**Everywhere I look I see love.**

**I surround myself with positive and loving people.**

**Money flows to me like a beautiful golden river.**

**I love watching my money grow.**

**I am full of money-making ideas.**

**I have a brilliant and powerful mind.**

**I am really awesome.**

**I am simply beautiful!**

**I don't have to perfect, I just have to be myself.**

**I am a confident speaker.**

**I smart and confident.**

**I am an effective communicator.**

**I can get through this.**

**I can handle this.**

**I can cope with whatever life sends my way.**

**I've made it this far; I just need to take things one day at a time, one moment at a time.**

**I don't have to say or do anything about how I am feeling right now. I can just get through this movement and figure out what to do later.**

**I respect people's opinion even if I disagree with them.**

**I'm not going to judge the way I'm feeling. This is my experience. Maybe I can learn something from it.**

**I am not perfect but I am trying my best.**

**There is always something to learn from every situation.**

**I accept and love myself.**

**I forgive myself for making a mistake.**

**I forgive others for their mistakes.**

**I find creative solutions to my problems.**

**Problems are challenges to better myself.**

**I am worthwhile of all the love and happiness in the world.**

**I replace anger with compassion.**

**I have the courage to be myself.**

**I am okay with who I am.**

**I am beautiful no matter what others think.**

**I am unique and I admire myself.**

**I am thankful for being who I am.**

**I believe in my abilities**

**I strive to get better and better every day.**

**I am grateful for everything I have.**

**My dreams always come true!**

**My thoughts create my reality.**

**I am happy and healthy!**

**I will always be healthy.**

**I will be always surrounded by caring people.**

**I am grateful for every single thing I have.**

**I am grateful I am healthy and I have a family.**

**Beauty is all around me, I take time to observe.**

**I know everything will be okay. It always is.**