

I AM A VALUABLE
HUMAN BEING
AND MY NEEDS,
DESIRES, DREAMS
AND GOALS
MATTER



I BELIEVE IN
MYSELF AND MY
POTENTIAL



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THERE ARE
PLENTY OF
REASONS TO BE
PROUD OF
MYSELF

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TODAY, I CHOOSE
TO BE HAPPY AND
EMBRACE LOVING
MYSELF
ABUNDANTLY



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I KNOW THAT I
AM A GOOD
PERSON, AND I
DON'T NEED TO
PROVE IT TO
ANYONE

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I KNOW WHO I
AM. I LOVE WHO I
AM. I LOVE THE
WAY I DO THINGS
AND I LOVE THE
WAY I GROW AS A
PERSON EVERY
SINGLE DAY





I HAVE GREAT
INTUITION AND I
TRUST IT





TAKING GOOD CARE OF
MYSELF IS A PRIORITY. I
CAREFULLY LISTEN TO
MYSELF AND GIVE
MYSELF EXACTLY WHAT I
NEED AT ANY GIVEN
MOMENT



I KNOW WHEN I NEED
DISCIPLINE AND WHEN I
NEED LOVE AND
UNDERSTANDING. I
ALWAYS CHOOSE WHAT'S
BEST FOR MYSELF AND I
GIVE MYSELF EXACTLY
WHAT I NEED AT ANY
GIVEN MOMENT



I AM AT PEACE
WITH MYSELF
AND MY PAST
MISTAKES. I HAVE
FORGIVEN MYSELF
AND I AM READY
TO MOVE ON





I AM ENOUGH.
ALWAYS.




I AM THANKFUL FOR
WHAT MY BODY AND
MIND HAVE DONE
FOR ME TODAY AND
ALL THE DAYS OF
MY LIFE

I DESERVE GOOD
THINGS

I DESERVE TO
REST. WHAT I
CAN'T FINISH
TODAY, I CAN
FINISH
TOMORROW

THE ONLY
EXPECTATIONS I
NEED TO LIVE UP
TO ARE MY OWN



I KNOW THE
VALUES THAT ARE
TRULY MINE AND
I LIVE BY THEM

I KNOW MY
BOUNDARIES AND
I AM PROTECTING
THEM

I AM MY BEST
FRIEND. I KNOW I
CAN ALWAYS
COUNT ON
MYSELF

I AM STRONG
AND FIERCE. I
STAND UP FOR
MYSELF AND
OTHERS

I AM ONE OF A
KIND AND NO
ONE CAN REPLACE
ME. THAT'S WHY I
DON'T COMPARE
MYSELF WITH
OTHERS

IT'S OK AND
HEALTHY TO
PRIORITIZE
MYSELF OVER
ANYONE ELSE

I AM WORTHY OF
ALL THE GOOD
THINGS AND
MOMENTS LIFE
HAS TO OFFER
AND BECAUSE I
KNOW THAT, I
CALL MORE GOOD
INTO MY LIFE

I LIVE MY LIFE RIGHT
NOW. I AM WORTHY
RIGHT NOW. I DON'T
HAVE TO IMPROVE
ANYTHING ABOUT
MYSELF BEFORE I CAN
START ENJOYING LIFE
AND LOVING MYSELF
UNCONDITIONALLY

I AM POWERFUL,
SMART AND
RESOURCEFUL. I
CAN HANDLE
ANYTHING LIFE
THROWS AT ME