My feelings matter.	I am a good person.	I am kind.	I choose to make positive choices.	I believe in myself.
I am happy.	I love who I am.	I can make a difference.	I am awesome.	I don't give up.
I am can make a difference.	I am smart.	**FREE**	I am strong.	I chose to be healthy.
I ask for help.	I can take deep breaths.	I am loved.	I believe in myself.	I am loved.
I am capable.	I am great at _____.	I can do hard things.	I am important.	I can reach my goals.

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My mistakes help me grow.	I chose to be happy.	I can take deep breaths.	I can make a difference.	I chose to be healthy.
I am capable.	I am great at _____.	I can reach my goals.	I believe in myself.	I am happy.
I can do hard things.	I am awesome.	**FREE**	I am smart.	I am a good person.
I believe in myself.	My feelings matter.	Today is going to be a good day.	I am important.	I am can make a difference.
I choose to make positive choices.	I am important.	I am strong.	I am kind.	I am loved.

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I can do hard things.	I am happy.	I can take deep breaths.	I can reach my goals.	I am important.
I am awesome.	Today is going to be a good day.	I am kind.	My mistakes help me grow.	My best quality is _____.
I am important.	I chose to be healthy.	**FREE**	I ask for help.	I choose to make positive choices.
I am a good person.	I am great at _____.	I believe in myself.	I am strong.	I am one of a kind.
My feelings matter.	I am can make a difference.	I don't give up.	I am capable.	I love who I am.

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