

I learn from my mistakes.	I am a good friend and helper.	I am going to make today count.	I can pause and think before I act.	I am valued.
I am an important part of my community.	I have the power to make a positive difference in the world.	I can be positive influence on those around me.	I am a good listener.	I have the power to control my thoughts and emotions.
It is okay to feel angry but I can express it safely.	I am a good person.	I am loved just as I am even when I make mistakes.	I am responsible and respectful.	I have a voice and I can use it to be kind.
I am surrounded by love and support.	I can follow instructions and I can succeed.	I am in charge of my own behavior.	I can ask for a break when I need one	I am able to forgive and move on.
I can take deep breaths to feel calm.	I am capable of doing hard things.	My emotions are mine and I can manage them.	I am deserving of love and respect.	I am in control of my actions.

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