

One goal is to _____.	I am a good person.	I am stronger every day.	I trust in myself.	I chose to be happy.
I am happy.	My coping skills_____.	I love who I am.	I am awesome.	It is ok for me to be me.
I am calm.	I help others.	FREE	I can and I will.	My best quality is _____.
I can reach my goals.	I will get through this.	I choose to make positive choices.	I now give and receive love.	I am worthy.
I am working hard at my recovery.	I chose to be healthy.	I am great at _____.	I am great at _____.	I will achieve _____.

I believe in myself.	I am calm.	I can and I will.	My coping skills_____.	I am awesome.
One goal is to _____.	My best quality is _____.	I help others.	I trust in myself.	I chose to be healthy.
I can reach my goals.	I chose to be happy.	FREE	I am happy.	I am stronger every day.
I love who I am.	State a personal affirmation	I will achieve _____.	I will get through this.	I am great at _____.
I am great at _____.	I now give and receive love.	I am a good person.	I choose to make positive choices.	Things will work out.

State a personal affirmation	I am loved.	I am calm.	I will achieve _____.	I am happy.
I help others.	I am radiant and whole.	Things will work out.	I am awesome.	One goal is to _____.
I choose to make positive choices.	I am great at _____.	FREE	I trust in myself.	I can and I will.
I am stronger every day.	I believe in myself.	I am a good person.	I am working hard at my recovery.	I chose to be healthy.
I now give and receive love.	My coping skills _____.	I will get through this.	I can reach my goals.	It is ok for me to be me.