

***I don't have to
make
assumptions
about things
and people***

***I have exciting
plans for my
future***

***I am
responsible for
my own
actions***

***I am worth
caring about***

***I am worth
loving***

***Other people
care about me***

***I can respect
others***

***I am okay
today***

***I can achieve
my dreams***

***I can forgive
other people
when they
hurt me***

***I don't have to
listen when I
have bad
thoughts
about myself***

***God and other
people love
me***

***I can endure
hard times***

***I am good
enough***

***I believe in
justice***

***I am grateful
when people
serve me***

***I can serve
others because
it's the right
things to do***

***I can make
wise choices***

***I am
compassionate
and care
about others***

***I have hopes
for the future***

***I am thankful
for all the nice
things I've got***

***I have
integrity and
do the right
thing***

***I am humble
to see the
good in others***

I trust others

<i>People can trust me</i>	<i>I can do it</i>
<i>I am capable of great things</i>	<i>I am not going to worry today</i>
<i>I deserve the best in life</i>	<i>I can change for the better</i>
<i>I am relaxed</i>	<i>I trust myself</i>
<i>I am not going to get wound up by little things today</i>	<i>I've got so much in my life to be happy about</i>
<i>Life is good!</i>	<i>YES I CAN!</i>
<i>I choose to be happy and love others</i>	<i>I can be proud of myself</i>

***I accept how I
am right now***

***I am creating
my own future
and it's going
to be great***

I can do this

***I am grateful
for the
opportunities I
have and I'm
going to take
them***

***Today I choose
to be happy***

***I can do all the
things I want
to do***

***I am unique...I
am amazing***

***I can forgive
myself***

***I can amaze
myself at how
hard I can
work***

***I give out
positive vibes
for others***

***I am not going
to be scared***

I am loveable

***I can say NO to
bad things***

***I can be
honest with
myself***

***I will try new
things that are
good for me***

***I want to do
well***

***Loving is easy
when I accept
myself***

***I know what I
need to do***

<i>I am kind</i>	<i>I listen</i>
<i>I can ask for help</i>	<i>I can respect myself</i>
<i>I believe in me</i>	<i>I love myself</i>
<i>I am beautiful inside and out</i>	<i>I will let go of bad things</i>
<i>I can be positive and use my gifts for good</i>	<i>I listen to advice I give myself</i>
<i>I am peaceful and calm</i>	<i>I can take care of my body</i>
<i>I can take care of my mind</i>	<i>I accept I can't change some things</i>

***I accept my
feelings are
part of me***

***I am
wonderful***

***I can be kind
to others***

***I love and
accept myself
for who I am***

***I know what
anything is
possible for
me***

I know

***I can let go of
bad things***

***I am thankful
for what I've
got***

***I can do the
best I can***

<p><i>I have time, I don't need to rush</i></p>	
<p><i>When I get things wrong I learn for next time</i></p>	<p><i>I listen to the wisdom inside me</i></p>
<p><i>I live in the moment and don't think about yesterday or tomorrow</i></p>	<p><i>I like learning about myself</i></p>
<p><i>I will keep trying</i></p>	<p><i>I care about myself</i></p>

***When I get
angry I can
calm myself
down***

***I don't have to
be afraid***

I am calm

I am loveable

***I am patient
when I need to
be***

I am brave

***I can accept
other people
when they
make mistakes***

***I can accept
other people
for who they
are***

***I am a caring
person***

I like who I am

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<i>My thoughts are under control</i>	<i>Today is full of possibilities</i>
<i>I am not afraid anymore</i>	<i>I can learn</i>
<i>I can learn anything I want to</i>	<i>I am supported, cared for and loved</i>
<i>I learn something new every day that makes me a better person</i>	<i>I am learning how to get on with new people</i>

<p><i>I can see beauty in my body</i></p>	<p><i>I don't need to rush</i></p>
<p><i>I am changing for the better</i></p>	<p><i>Today will be a good day</i></p>
<p><i>People like me</i></p>	<p><i>Good things will happen to me</i></p>
<p><i>I think everything is going to be okay</i></p>	<p><i>I can do my best</i></p>
	<p><i>I can make the right decisions</i></p>

***I can be who I
want to be,
not who
others think I
should be***

God loves me

God loves me