

*I am exactly
where I need
to be*



*I am
strong*



*I am
grateful*



*I embrace
challenges*



*I am doing the
best I can, and
that is enough*



I matter



*I am
whole and
complete*



*I trust
myself*



*I choose
to move on*



I am brave



*I can and
I will*



*I believe
in myself*



The possibilities
in life excite and
energise me



I am enough



I am
hopeful



I stand up
for myself



Every decision I
make is the right
one for me



I am my own
superhero



I am
fearless



I take care
of myself



*I have strength
in my heart &
clarity in my mind*



*I choose
happiness*



*I am in
charge of
my life*



*I am
important*



*I am
confident
and secure*



I am safe



*I can let
go*



*I am at
peace*



*I am proud
of myself*



I am fierce



*My hard
work pays
off*



*I love
myself*



*I forgive myself for
making mistakes. I
am human and I
learn from them.*



*I celebrate
myself*



*I deserve
the best*



*I am
unstoppable*

