

I accept myself as a
unique and
worthwhile person

I am learning what I
need to do to take
care of my body

I am calm and
confident

I am loved

I am Confident

I am relaxed

I am control of my
choices

I am Strong

I am determined and
successful

I can achieve
anything I want to
achieve

I am powerful

My life has meaning
and purpose

I am respected

Things are getting
better every day

I am healthy and
have all that I need

I can hold my head
up high

I am a good and
worthwhile person

I am strong and
healthy

I'm moving towards
my goals

I am a unique and
special person

I can do this!

I have inner strength

I care about others, I
am needed and
worthwhile

I have so much to
offer

I choose to live a
healthy and positive
lifestyle

I look good
because I feel
good about myself

I have all that I need

I will look for the
good in everyday

I have a lot to be
proud of

This is just a bad day,
not a bad life

I am beautiful

I am okay, right here,
right now

I am taking things
one step at a time

I am a loving person

People like me - I
am a likeable person
and I like myself

I can treat myself like
a close friend

I know I can master
anything if I practice
it continually

I am in control of my
life

I am enough

I have all that I need