

I can make good  
decisions.

I am grateful for my  
friends and family.

I treat others the  
way I would like to  
be treated.

I am creative.

I am engaged.

I am kind.

I am responsible.

I am persistent.

I am brave.

I am unique.

I am reasonable.

I am strong.

I am patient.

I am respectful.

I am proud.

I am punctual.

I am helpful.

I am intelligent.

I am confident.

I am resilient.

I am independent.

I am capable.

I am compassionate.

I am funny.

I show empathy  
towards others.

I am not afraid  
to fail.

I am unique.

I am special just  
the way I am.

I am enough.

I am proud of  
who I am.

I believe in myself.

I can do amazing  
things.

I am kind to myself.

I am kind to others.

I am thankful  
for today.

I make others feel  
welcome.

I am a good friend.

I listen and care  
about others.

I share with others.

I treat others  
with kindness  
and respect.

I keep trying, even  
when things  
are tricky.

I learn from  
my mistakes.

I am patient.

I can do hard things.

I am a problem solver.

I am always learning.

I am calm and relaxed.

I take deep breaths  
when I need to.

I am peaceful.

I can be still  
and listen.

I can find my  
happy place.

I love to explore.

I am curious and  
love to learn.

I enjoy discovering  
new things.

I listen and focus.

I am strong  
and healthy.

I am full of energy

I move my body  
with joy.

I can handle  
my emotions.

I am safe and loved.

I try to start every  
day with a smile.

I keep trying,  
even when things  
are tricky.

I can do  
difficult things.

I am brave and strong.

I never give up.

I learn from  
my mistakes.

I believe in myself.

I can ask for help  
when I need it.

I grow when I try  
new things.

I can handle  
challenges with  
a smile.

I can do anything  
I set my mind to.

I always try my best.

I can bounce  
back from  
disappointments.

I am calm  
and peaceful.

I take deep breaths  
when I need to.

I listen to my body.

I can slow down and  
take my time.

I focus on what I am  
doing right now.

I notice the  
world around me.

I can find my  
happy place.



I feel the air in  
my lungs when  
I breathe.

I am present in  
this moment.

I let my worries  
float away  
like clouds.

I take time to rest  
and recharge.