

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.