




I choose to think
positive thoughts




I am grounded and
calm




I am in charge of
how I feel



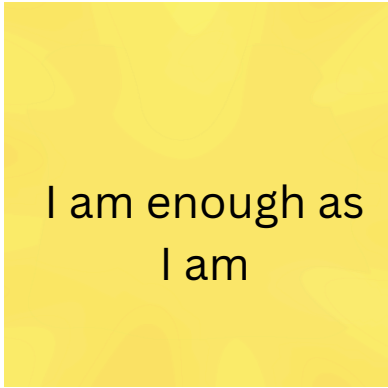
My body is healthy
and strong




My well-being is
priority




I am grateful for
today



I am enough as
I am



I choose to see
myself with
kindness



Every day I grow
stronger