



**I AM DOING MY
BEST AND THAT IS
ENOUGH.**



**I ACCEPT MY
THOUGHTS AND
EMOTIONS.**



**EVERYONE MAKES
MISTAKES. I CAN
TRY AGAIN.**



**I AM UNIQUE AND
CAPABLE OF
GREAT THINGS.**



**I CAN LEARN AND
GROW EVERY DAY.**



**I CAN ACHIEVE MY
GOALS.**



**I WILL BE PATIENT
WITH MYSELF.**



**I WILL ENCOURAGE
MYSELF.**



**I AM THANKFUL
FOR WHO I AM.**



**MY WELLBEING IS
IMPORTANT.**



**I BELIEVE IN MYSELF
AND MY ABILITIES.**



**I AM PROUD OF MY
ACCOMPLISHMENTS.**



**I AM KIND AND
CARING.**



**I WILL FOCUS ON
WHAT BRINGS ME
JOY.**



**MY THOUGHTS AND
IDEAS MATTER.**



**I DESERVE KINDNESS
AND COMPASSION.**