I
matter

My life has a purpose

Happiness is a choice

I do not live in fear



I
can
make a difference



All problems have solutions

I am enough

I am smart and capable

I deserve to be loved

I can overcome

I am not alone in my struggles

I will never give up on myself

My scars prove my strength, not my weakness



I am creative when I face new challenges

I am a warrior full of bravery and hope.

I have many goals and dreams and I *know* I can achieve them all

My mind is quiet and strong



I am patient and kind to myself

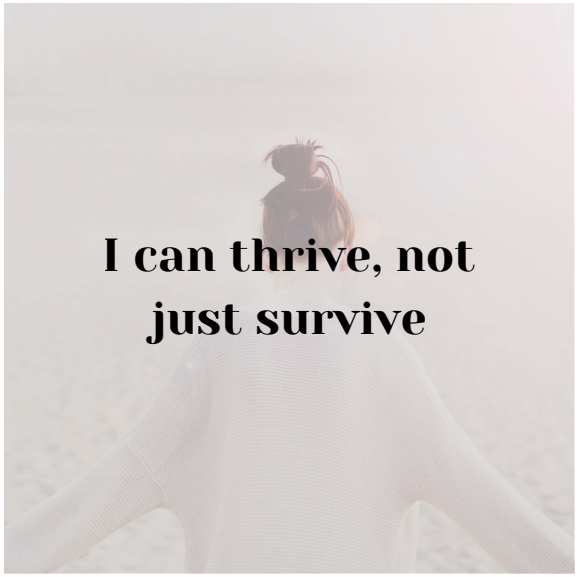
I can make my dreams happen

I trust my ability to make good decisions

I can get through anything

I can make my dreams happen

I am worthy of love and happiness


I can thrive, not
just survive


Crying is not a
sign of weakness


Being strong is my
way of life


I am ready to face new
challenges


Courage
runs through my veins


It's ok to be not ok

Today, I choose to be happy



I am fabulous!

My mental health is my priority



I am capable of so much

Mistakes are just a starting point for success

I am patient and kind to myself


I
am
grateful


I am loved


I will be
my best
self today


All of my problems
have solutions


I LOVE MY
life


I am
unstoppable

My mind is free of resistance and open to new possiblities

I am happy and grateful for all that I have.

I know I will succeed

I am filled with light from the sunrise and peace from the sunset

I AM BEAUTIFUL, STRONG AND POWERFUL

I will make a difference

What I do and think matters

I can be anything I want to be

It's ok to ask for help

Life does not have to be perfect to be wonderful

I FORGIVE MYSELF FOR MY MISTAKES

I am allowed to say no

I speak to myself with kindness and love

I am filled with self-love

I am at peace

I can face any challenges

I DO NOT NEED TO PLEASE OTHERS

I am fearless