

I am choosing to be happy and love myself today.

I am proud of how far I have come.

I am growing more confident every day.

I am worthy of love and respect.



## I will not worry about things I cannot control.

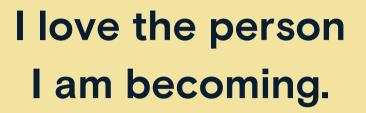
I am releasing self judgement and embracing self love.

I give myself space to grow and learn.

I am enough.



## I am getting stronger every day.



I am in control of my actions.

I have the ability to say "no."

