



**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 love the person
I am becoming.**



**I am in control
of my actions.**



**I have the
ability to say
"no."**

