

**I AM
GRATEFUL
TO BE
ALIVE.**

I AM
SURROUNDED
BY POSITIVE
ENERGY.

I HAVE
SO MUCH
TO BE
THANKFUL
FOR.

I AM
GRATEFUL
FOR ALL
THAT
MY BODY
CAN DO.

I AM
LEARNING
VALUABLE
LESSONS
EVERY DAY.

I AM
SAFE
&
CARED
FOR.

I AM
EXACTLY
WHERE
I NEED
TO BE.

**I AM
SUPPORTED.**

I AM CAPABLE
OF LOVING &
BEING LOVED.

**I AM
STRONG.**

I HAVE
THE
STRENGTH
TO
OVERCOME
OBSTACLES.

I AM
AT
PEACE.

I DON'T
HAVE TO
BE PERFECT
TO BE
WORTHY.

I HAVE
EXPERIENCED
CHALLENGES,
BUT THEY
HAVE MADE ME
RESILIENT.

IT'S OKAY
TO TAKE
A BREAK.

IT'S OKAY
TO ASK
FOR HELP.

I AM
HAPPY
&
HEALTHY.

TODAY
IS GOING
TO BE A
GREAT
DAY.

TODAY
I WILL
FOCUS ON
WHAT
MAKES
ME FEEL
GOOD.

MY LIFE
IS
BEAUTIFUL.

**I GIVE
MYSELF
THE CARE
I DESERVE.**

I
FEEL
BEAUTIFUL
INSIDE
&
OUT.

I LOVE MYSELF
UNCONDITIONALLY.

MY
PRESENCE
IS ENJOYED
BY THOSE
AROUND ME.

I DESERVE
A LIFETIME
OF HAPPINESS
& JOY.

**GOOD
THINGS
ARE
COMING.**

TODAY IS
A NEW
BEGINNING.

**TODAY WILL BE
PROSPEROUS.**

I AM OPEN
TO RECEIVING
UNEXPECTED
OPPORTUNITIES.

THE PAST
DOESN'T
DICTATE
THE
FUTURE.

I'M FILLED
WITH THE
ENERGY OF
ABUNDANCE.

I'M GRATEFUL
FOR THE
ABUNDANCE
THAT I HAVE &
THE ABUNDANCE
THAT'S ON
ITS WAY.

MY BODY
IS
POWERFUL.

**I AM
FULL OF
ENERGY.**

I AM
RESTED
&
READY FOR
THE DAY.

I AM
READY TO
TAKE ON
WHATEVER
COMES
MY WAY.

I AM
ALLOWED
TO TAKE UP
SPACE.

I KNOW
HOW TO
RE-ENERGIZE
MYSELF
WHEN
NEEDED.

EACH BREATH
I TAKE
ENERGIZES ME
& ALIGNS ME.

I WILL
ENJOY
THE
JOURNEY.

THE MORE
ENTHUSIASM
I FEEL,
THE MORE
ENERGY
I HAVE.