

I acknowledge
my own self-worth,
and my confidence
is soaring.

I radiate beauty,
charm, and grace.

I enjoy and use
my talents every day.

I am loveable
and attract kindness.

My life is abundant
and I am grateful.

I am a good person
at all times of day
and night.

I am full of joy
and energy.

I am a unique child
of this world.

I am happy
and confident
in my own skin.

I love and approve
of myself.

I am beautiful
and smart and
that's how everyone
sees me.

I am authentic
and kind.

I accept myself
just as I am.

My body is healthy;
my mind is brilliant;
my soul is tranquil.

My path is clear and
without obstacles.

my body and mind
are healthy and strong.

I receive feedback
with kindness.

I am patient and
know that I have
all that I need.

I trust myself
to make the right
choices every time.

I trust my inner
wisdom and strength.

I accept everyone
just as they are.

I trust and
follow my intuition.

I surround myself
with people who
treat me well.

I choose friends
who approve of me
and love me.

I choose to fully participate in my day.

I wake up today with strength in my heart and clarity in my mind.

I take time to show my friends that I care about them.

I ask for help as needed.

I let go of worries that drain my energy.

I release my mind of thought until the morning.

I am safe and all is well.

All my problems have a solution.

This day brings me nothing but joy.

I am doing work that I enjoy and find fulfilling.

I embrace the peace and quiet of the night.

Peaceful sleep awaits me.

I compare myself
only to my own best.

I follow my dreams.

Wonderful things
unfold for me.

I give myself
permission
to have fun.

I press on because
I believe in my path.

What I have to offer
this world matters.

The past has no
power over me.

All that I need
comes to me in the
right time and place.

I let go of my anger
so I can see clearly.

I refuse to give up.

I forgive myself
for all the mistakes
I have made.

I am at peace.