

**I keep trying even  
if I don't succeed  
at first.**

**I believe in  
my dreams.**

**I am kind. I  
help others  
whenever I can.**

**I can achieve  
great things.**

**I find patience  
whenever I  
need it.**

**I love  
and I am  
surrounded  
by love.**

**I will do my best.**

**All my  
feelings  
matter.**

**I am proud  
of myself.**

**I choose what  
I say and  
what I do.**

**All of my  
problems have  
solutions.**

**I have courage  
and confidence.**

**I believe in  
myself and  
that is enough.**

**Today I  
choose to be  
confident.**

**I have everything  
I need to succeed.**

**If I fall, I will  
get back up  
again.**

**It is enough to  
do my best.**

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**Today will be  
a great day.**

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**I choose to be  
positive and  
happy.**

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**I am beautiful  
inside and out.**

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