

I love myself just
the way I am

No matter what happens,
I can handle it

I love and accept myself

I choose to be positive

I speak up
for myself

I love to learn
new things

I am filled with
creative ideas

I am loved

I learn
from my
mistakes
and
move on

People like
to help me

I am safe

I believe
in myself
and my
abilities

I trust my
inner wisdom

Good things
happen today

People are
interested in what
I have to say.