

I love and
accept myself

There is power
within me

I allow
myself to
be unique

I am beautiful
inside and out

I deserve to
take up space

I can handle
anything life
throws at me

Peace begins
in me

I appreciate
everything
I have.

I believe in
myself

Today is going
to be a great
day

I can reach
my goals

My
possibilities are
endless

I am brave,
strong and
powerful

I am worthy

I deserve
kindness

I am proud
of myself