

Affirmations

I am a good and worthwhile person

I am a unique and special person

I am confident and competent

People like me – I am a likeable person
and I like myself

I care about others, I am needed
and worthwhile



*I am calm
and relaxed*



**DON'T
GIVE UP**

I have a lot to be proud of

I have all that I need

I make wise decisions based on
what I know

My life has meaning and purpose

I am in control of my choices

I am calm and confident

I have many options and can make
wise decisions

Everything is getting better every day

I am calm and relaxed

Today is the first day of the rest of my life



**I AM
STRONG**



**I am
in control**

There are many positive things this day has to offer

I know I can master anything if I
practice continually

I have a wise mind – I can seek
inner guidance whenever I need to

I am enough

