

**I AM ENOUGH
JUST AS I AM.**



**I AM LOVED,
NO MATTER
WHAT.**



**I BELIEVE IN
MYSELF.**

**I MATTER IN
THIS WORLD.**



**I AM PROUD
OF WHO I AM
BECOMING.**



**I CAN DO HARD
THINGS.**



**I KEEP
TRYING, even
WHEN IT'S
TOUGH.**

**MISTAKES
HELP me
LEARN.**



**I GET BETTER
EVERY DAY.**



**I DON'T HAVE
TO BE
PERFECT TO
BE AWESOME.**

**IT'S OKAY TO
FEEL HOW I
FEEL.**



**I CAN ASK FOR
HELP WHEN I
NEED IT.**



**I TAKE DEEP
BREATHS TO
FEEL CALM**

**I CAN HANDLE
BIG FEELINGS.**



**I AM PROUD
OF WHO I AM
BECOMING.**



**I CAN DO HARD
THINGS.**



**I AM IN
CHARGE OF
HOW I REACT.**



**I AM A GOOD
FRIEND.**



**I SPREAD
KINDNESS
WHEREVER I GO.**



**MY WORDS
HAVE POWER.**



**I AM HELPFUL
AND
THOUGHTFUL.**



**I MAKE
OTHERS
SMILE.**



**I TRY NEW
THINGS WITH
COURAGE.**

**I CAN SPEAK
UP FOR
MYSELF.**



**I FACE
CHALLENGES
WITH A BRAVE
HEART.**



**I AM STRONG,
INSIDE AND
OUT.**



**I CAN SHINE IN
MY OWN
WAY.**

