



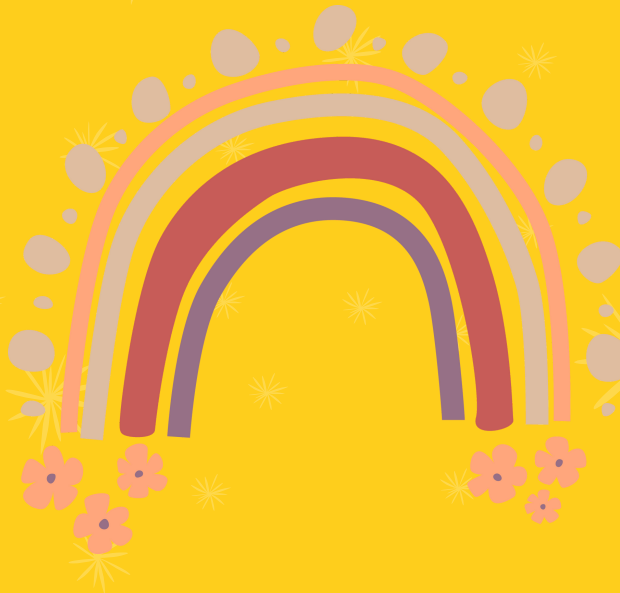
**I treat myself with
kindness.**



**I am resilient,
strong, and brave.**



**I have plenty of
talents to offer.**



**I'm loved.
I'm important.
I'm unique.**



I feel happy.



**I choose my
words with
kindness.**



I value myself.



**My happy
thoughts help
create my healthy
mind and body.**



**Being myself is
awesome.**



**I carry love and
kindness in my heart.**



**I am calm as a
river and go
with the flow.**



**I am helpful.
I enjoy doing
things for others.**



**I am grateful for all
that I have.**



**I am beautiful
inside and out.**



**I treat others
the way I want
to be treated.**



**I can be whatever I
want to be.**



**I am excited to
learn something
new today.**



**I can reach my
goals.**



**I respect myself and
make good choices.**



**It's okay to make
mistakes!
Mistakes help me
learn and grow.**



**I am a
thoughtful and
caring friend.**



I am full of good ideas.



**I am smart and
capable.**



I believe in myself.



**I respect myself and
make good choices.**