



**I treat myself with  
kindness.**



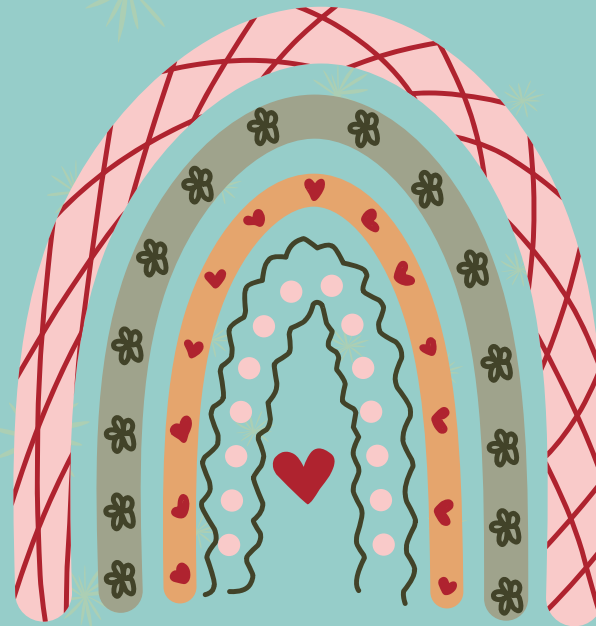
**I am resilient,  
strong, and brave.**



**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.**



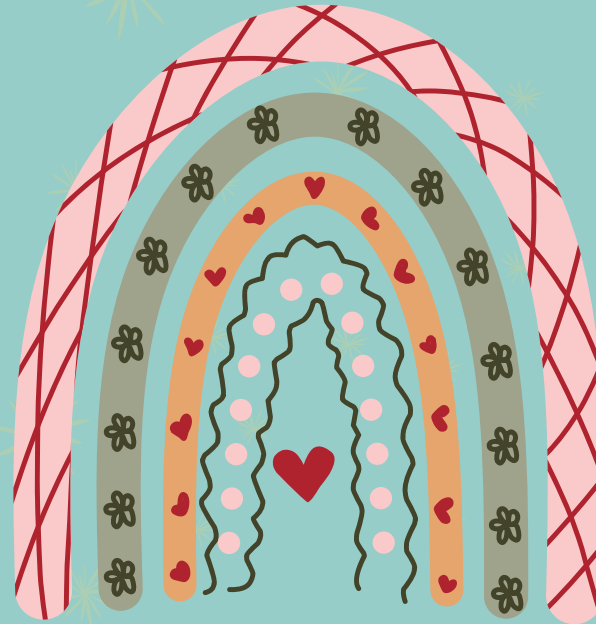
**My happy  
thoughts help  
create my healthy  
mind and body.**



**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.**



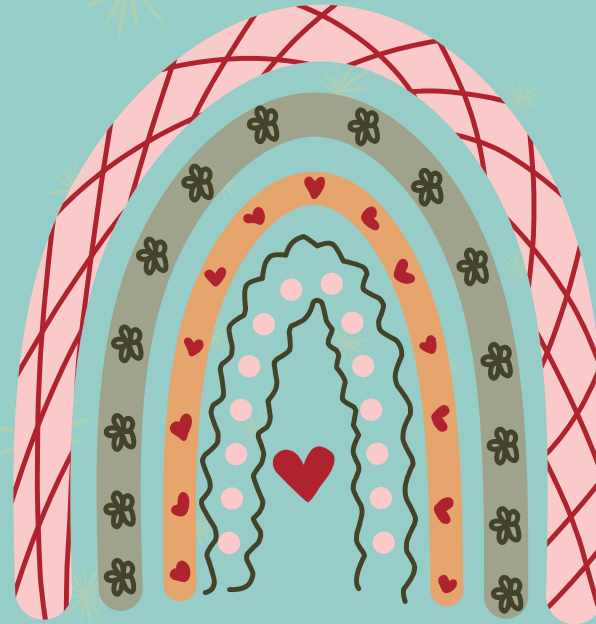
**I am beautiful  
inside and out.**



**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.**