

Even when I  
make mistakes,  
I can learn from them

I am becoming  
the best possible me  
in the world

I love  
myself just  
the way I am

I am  
amazing

I allow all of  
my feelings and let my  
body teach me

I am  
full of  
love

I have my  
own special  
talents

Good things  
are always  
happening to me

I feel kindness in my  
heart and I  
share  
it

I love  
being me

I love  
being me

I am better  
in every way  
each day

I am full  
of kindness

Deep inside,  
I am patient,  
honest and  
kind

I am good  
at remembering

I now  
choose to be kind  
to everyone  
I know

When I give  
out love, I get  
love back

I am  
wonderful, strong  
and healthy

I allow good,  
happy feelings to  
fill my body

I am  
amazing