

POSITIVE THOUGHTS/AFFIRMATIONS

I am enough.

I'm free to make my own choices.

I get better every day.

I deserve to be loved.

My problems have solutions.

I can make a difference.

I forgive myself for mistakes.

I am in charge of my life.

Challenges help me grow.

I will walk through my fears.

I'm perfect just the way I am.

I am open and ready to learn.

I have courage & confidence.

If I fall, I will get back up again.

I can control my happiness.

I accept who I am.

I stand up for what I believe in.

I matter.

I can get through anything.

Everyday is a fresh start.

I have everything I need.

I only compare me to me.