

I've
got
this



 I am
kind
to others

I am
kind
to myself


I am in control of my
thoughts
and
feelings 

 I am
kind
to the planet

I am capable of
 **great**
things

 I am
enough

I am **brave** and
courageous


I am worthy of
love and 
respect

 I am
unique

 I am **strong**
and
resilient

I choose
Positivity 