

I am worthy  
I am loved  
I am enough



I am  
in charge  
of my life

I've got  
this!

I am  
brave

I have the  
power to  
create change

I am not defined by  
a test score

I am  
beautiful,  
smart and  
talented

I will ask  
for help if  
I need it

Today I  
choose to  
be happy

I am resilient  
and can get  
through  
anything

My mistakes  
help me learn  
and grow

I love myself  
unconditionally

I do not let my  
fears hold me back

I love my body  
and all it does  
for me

I don't compare  
myself to others

