

I am kind

I am strong

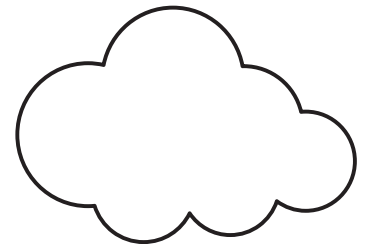
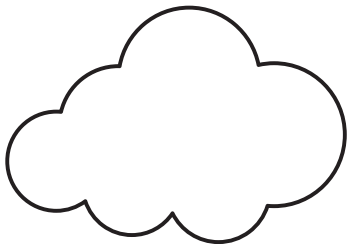
I am smart

I am helpful

I am confident

I am courageous





My choices are my own

I decide my own attitude



I choose to be happy and have positive thoughts

Today will be a good day



I AM CAPABLE OF ANYTHING I PUT
MY MIND TO

CHALLENGES MAKE ME STRONGER

I CAN DO HARD THINGS

I CAN HANDLE THIS

LEARNING IS MY SUPERPOWER

MISTAKES ARE HOW I GROW

I BELIEVE IN MYSELF AND
MY ABILITIES



I care about others

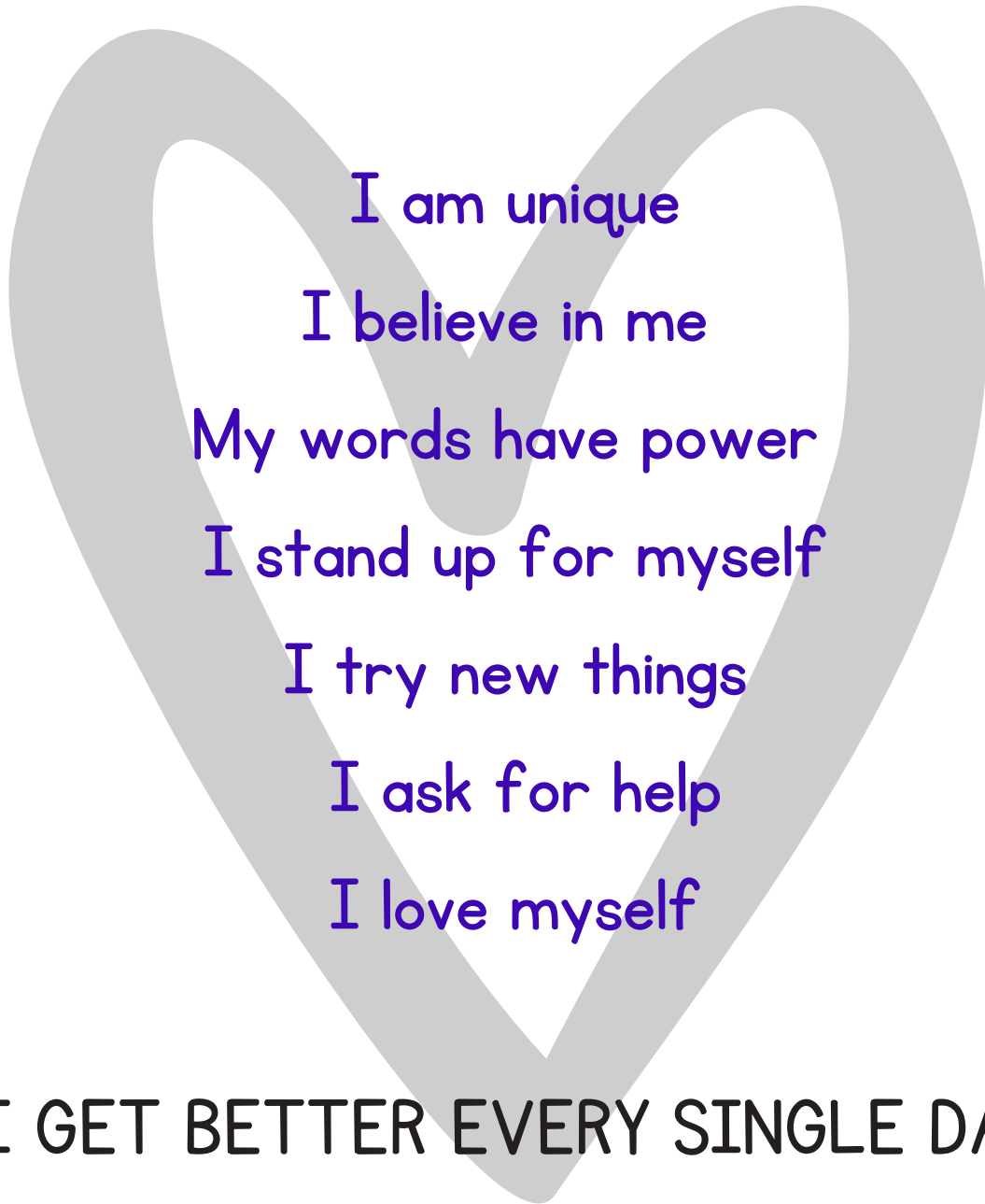
I am a good friend

I am a good listener

I show respect

I make other people smile

I can make a difference



I am unique

I believe in me

My words have power

I stand up for myself

I try new things

I ask for help

I love myself

I GET BETTER EVERY SINGLE DAY

