**I AM** enough.

**I AM** Brave.

**I CAN** control my own happiness.

**I BELIEVE** in my ability to get through tough times.

**I AM** grateful.

**I WILL NOT** stress about things I cannot control.

**I AM** proud of myself.

**I HAVE** the power to make my dreams come true.

**I BELIEVE** in myself and my abilities.

**I AM** learning every day.

**IT’S OK** to make mistakes.

**I CAN** create the life I want.

**NO MATTER** how hard it is, **I CAN** do it.

**I AM** going to get through this.

**I ACCEPT** myself for who I am.

