

I AM BRAVE
AND STRONG.

I BELIEVE IN MYSELF
AND MY ABILITIES.

I AM KIND & KINDNESS
COMES BACK TO ME.

I CAN DO
HARD THINGS.

I AM LOVED
JUST AS I AM.

I AM CREATIVE AND
FULL OF GREAT IDEAS.

MISTAKES HELP ME
LEARN AND GROW.

I AM A GOOD FRIEND,
AND DESERVE GOOD FRIENDS.

I AM ENOUGH.

I AM GRATEFUL

I AM CREATIVE

I CAN DO ANYTHING

I CAN BE WHOEVER

I WANT TO BE

BE KIND TO YOURSELF

BE KIND

BELIEVE YOU CAN

AND YOU WILL

DO YOUR BEST

IT IS GOOD ENOUGH

