





I allow myself to
be unique



There is
power
within me




I love and
accept myself



I am beautiful
inside and out



I deserve
to take
up space



I can handle
anything life
throws at me




I appreciate
everything I have




Peace begins
in me

A circular frame containing a stylized illustration of a person's torso. The person is wearing a dark brown top and a bright orange-red corset or bodice. The background is a light beige color.


I believe in myself

A circular frame containing abstract geometric shapes. There are large, overlapping shapes in shades of brown, tan, and beige, creating a layered, artistic composition.


Today is going to
be a great day

A circular frame containing abstract geometric shapes. It features a vertical brown bar, a horizontal brown bar, and a brown circle, all set against a light beige background.


I can reach
my goals

A circular frame containing a photograph of several stalks of pampas grass. The grass is light brown and feathery, set against a soft, light-colored background.

My possibilities
are endless




I am worthy of
happiness
and success



I embrace the
greatness
within me



I am enough



I can
accomplish
anything I set
my mind to