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-  I am loved just as I am.
-  I can do hard things.
-  I am brave and strong.
-  I treat others with kindness.
-  I believe in myself.
-  I learn from my mistakes.
-  I am a good friend.
-  I have great ideas.
-  I am proud of who I am.
-  I am enough.
-  I can always try again.
-  I speak kindly to myself.
-  I am unique and that's awesome.
-  I listen to my heart.
-  I can ask for help when I need it.
-  I am patient and calm.
-  I bring joy to the world.
-  I can be a helper.
-  I make good choices.
-  I am curious and love to learn.
-  I am grateful for today.
-  I am getting better every day.
-  I shine bright like the sun.
-  I believe in fairness and honesty.
-  I can be kind even when it's hard.
-  I matter in this world.
-  I use my words for good.
-  I am creative and full of ideas.
-  I forgive myself and others.
-  I can turn a bad day around.
-  I am safe and cared for.
-  I make people smile.
-  I try new things with courage.
-  I am calm and relaxed.
-  I trust myself.
-  I learn something new every day.

-  I respect others and their feelings.
-  I am joyful inside and out.
-  I can solve problems.
-  I take deep breaths to feel better.
-  I am thoughtful and caring.
-  I am full of energy and love.
-  I see the good in others.
-  I am growing into someone amazing.
-  I believe in magic and wonder.
-  I am thankful for my body.
-  I love to be myself.
-  I try my best every day.
-  I treat myself with respect.
-  I spread kindness wherever I go.
-  I am learning to be a leader.
-  I listen and learn from others.
-  I am proud of my progress.
-  I have a big heart.
-  I can stay calm in tough moments.
-  I am strong in mind and body.
-  I can take things one step at a time.
-  I believe in dreams.
-  I grow from challenges.
-  I am a good listener.
-  I enjoy being me.
-  I can learn anything I put my mind to.
-  I care about others.
-  I bring something special to the world.
-  I love learning new things.
-  I can bounce back from mistakes.
-  I share with others happily.
-  I am gentle and powerful.
-  I find joy in the little things.
-  I am helpful to my family and friends.
-  I enjoy trying new adventures.
-  I use my imagination every day.
-  I can be a leader and a team player.
-  I welcome change and new things.

-  I trust people who care about me.
-  I grow stronger when I keep going.
-  I can make today amazing.
-  I learn from people around me.
-  I respect nature and all living things.
-  I find peace in quiet moments.
-  I stand up for what is right.
-  I do my best and let that be enough.
-  I smile because I'm proud of me.
-  I can wait my turn.
-  I love myself from head to toe.
-  I bring light to dark places.
-  I accept who I am and who I'm becoming.
-  I laugh often and loudly.
-  I believe in trying again.
-  I can learn from my feelings.
-  I treat animals with care.
-  I am part of something bigger.
-  I am open to learning from my mistakes.
-  I choose to be kind today.
-  I have a bright future.
-  I am always improving.
-  I respect people who are different from me.
-  I believe in being me.
-  I am loved more than I know.
-  I can make the world a better place.