



*I believe in my
abilities.*



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Happiness is a choice,
and today
I choose to be happy.





*I am in control of
my actions.*





*It is enough to do
my best.*



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*These emotions
will pass.*



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*It's alright to feel
my emotions.*





*I get better
every day.*



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*I can get through
anything.*



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*I grow from my
mistakes.*



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I am healing
and strengthening
every day.





*I forgive myself
for my mistakes.*



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I can learn from
my mistakes.





*I can make a
difference.*



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I am not defined by
my past;
I am driven by
my future.





*I don't need to be
perfect.*



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*I have a positive
attitude.*



*Today is going to be
great.*





*I am responsible
for my words.*





*I am strong and
determined.*



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I feed my spirit.
I train my body.
I focus my mind.
This is my time.





*I am valuable.
I am enough.*

