

**I keep trying even
if I don't succeed
at first.**

**I believe in
my dreams.**

**I am kind. I
help others
whenever I can.**

**I can achieve
great things.**

**I find patience
whenever I
need it.**

**I love
and I am
surrounded
by love.**

I will do my best.

**All my
feelings
matter.**

**I am proud
of myself.**

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**I choose what
I say and
what I do.**

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**All of my
problems have
solutions.**

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**I have courage
and confidence.**

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**I believe in
myself and
that is enough.**

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**Today I
choose to be
confident.**

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**I have everything
I need to succeed.**

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**If I fall, I will
get back up
again.**

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**It is enough to
do my best.**

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**Today will be
a great day.**

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**I choose to be
positive and
happy.**

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**I am beautiful
inside and out.**

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