

I have whatever
I need to
accomplish my
goals.



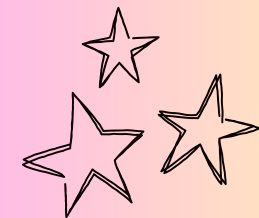
Love flows
through me.

I find meaning in
my everyday
activities.

I eat healthy and
nutritious foods.



I find peace and
grounding in
nature.



I do not fear
success.

What I dream of,
I can build.



I do not need
validation from
other people.

I look for
ways to give
back to my
community.

I love to move
my body.

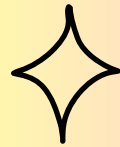


I respect other
people's
boundaries.

I appreciate all
the twists and
turns of my life.

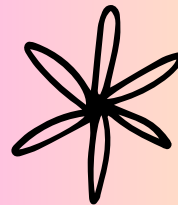
I have clear
goals that I
work
consistently on.

I am brave and
fearless.



I help others as
much as I can
within my own
abilities.

I am an active
person who loves
exercising.



I never judge my
emotions.

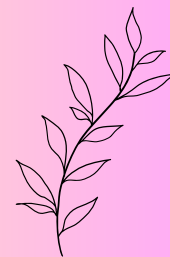
I take
responsibility for
what is in my
control.

I am dedicated to
my goals.



I have many
admirable
qualities.

I am grateful for
the life I am
living.



I get quality
sleep every
night.

My life is filled
with happy
moments.

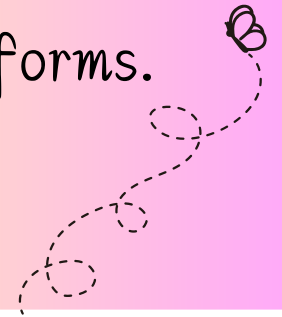
I release the
need to control
every aspect of
life.



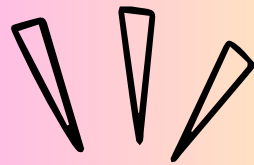
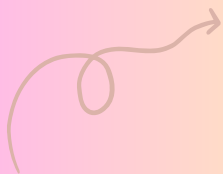
I am building a
life I never want
a break from.

I am grateful for
my physical
health.

Passion in my
life comes in
many forms.



I do not shy away
from new
experiences.



My obstacles
teach me and
help me to grow.

I fill my cup of
love before
giving it to
others.



I meditate on my intentions before setting goals.

I am a unique, special, and powerful person.



My actions create results.

I release burdens that keep me from good sleep.

I have complete faith in my own abilities.



I feel positive and optimistic about my life.



I find my
motivation from
within.



I am committed
to a regular self-
care routine.

I attract
positive
energy.

I will be kind to
myself.



I look forward to
what my life has
in store for me.

I release and
move on from my
past mistakes.



I am deeply
inspired by
nature and

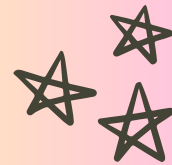


people.

I make self-care
a priority in my
life.



I am already
complete as I am.



I encourage
myself to live a
healthy
lifestyle.

I am patient and
hardworking.



I will not dim my
light for someone
else.



I find joy in
every
accomplishment
and challenge.

I am lovable.



I lean on others
for support.



I am happy
and healthy.



I am not afraid
to go after what
I want in life.

My mind is
serene as I lay in
bed.

My desires and
aspirations may
change over
time.

I walk through
life with
confidence.

I find joy in the
little things.



I am grateful for
everything my
body does for me.



I trust both my
head and my
heart.



I sleep restfully
and soundly.