


I am  
***learning*** to  
love and  
accept myself  
more each day.

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I ***trust*** myself  
to make the  
right choices  
for my life.

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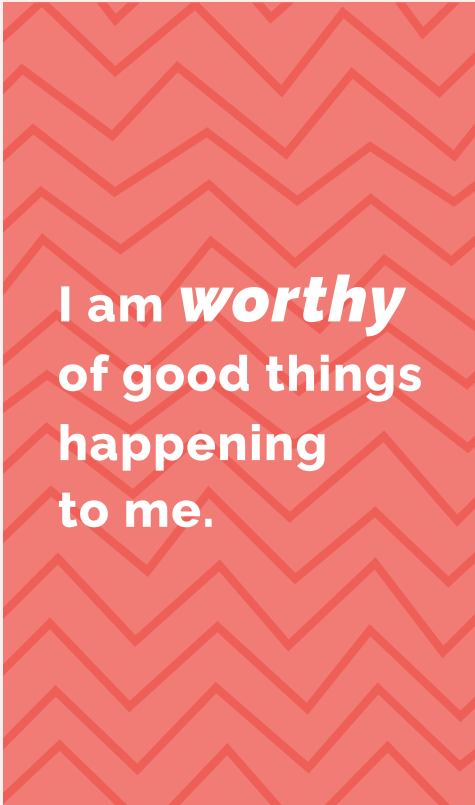
I am ***enough***,  
just as I am.

MentalHealthActivity.com \_\_\_\_\_

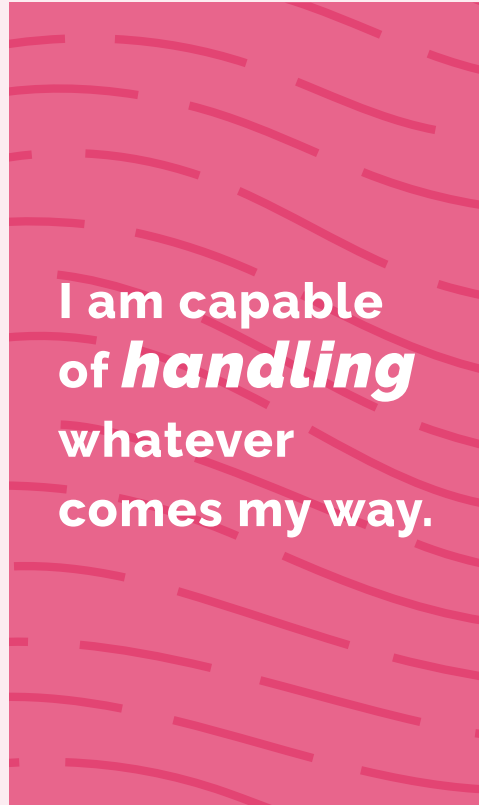


I am in control  
of my own  
***happiness***.

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I am **worthy**  
of good things  
happening  
to me.



I am capable  
of **handling**  
whatever  
comes my way.



I am **worthy**  
of respect and  
acceptance.




I am  
**grateful** for  
the support  
and love I  
receive.




I am proud of  
my *journey*  
and how far  
I've come.

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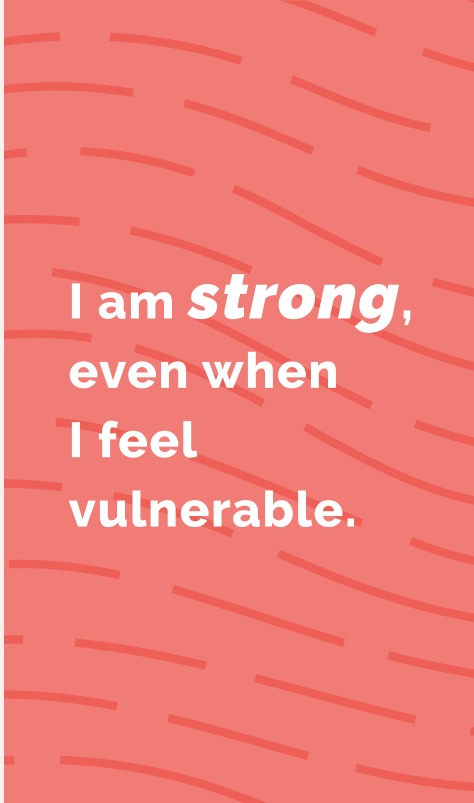
I *believe*  
in my ability  
to overcome  
challenges.

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I am  
*confident* in  
my ability to  
create positive  
change.

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I am *strong*,  
even when  
I feel  
vulnerable.

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I am proud of  
the ***progress***  
I have made so  
far.

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I am  
***allowed*** to  
take up space  
and be myself.

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I am ***worthy***  
of the same  
compassion I  
give to others.

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I am proud  
of myself for  
***trying*** and  
not giving up

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I ***deserve*** to  
treat myself  
with kindness  
and respect.

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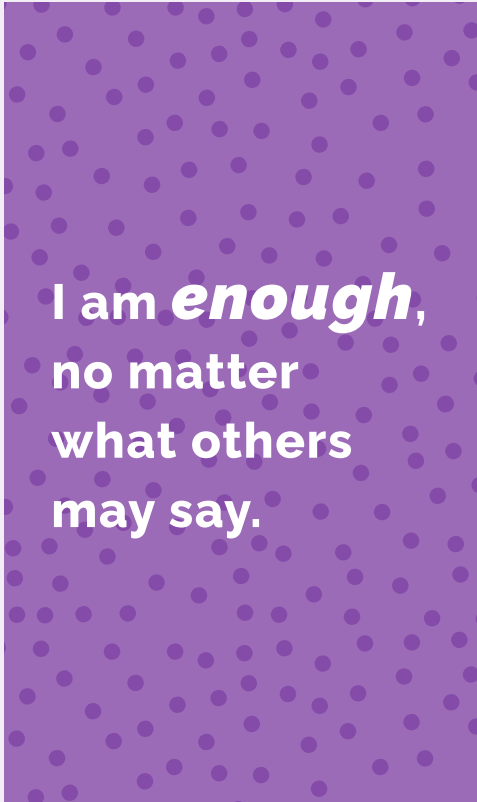
I am ***doing***  
my best to  
grow and  
improve  
every day.

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I am ***doing***  
my best to  
take care of  
myself.

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I am ***enough***,  
no matter  
what others  
may say.

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I am doing my best, and that is ***enough***.

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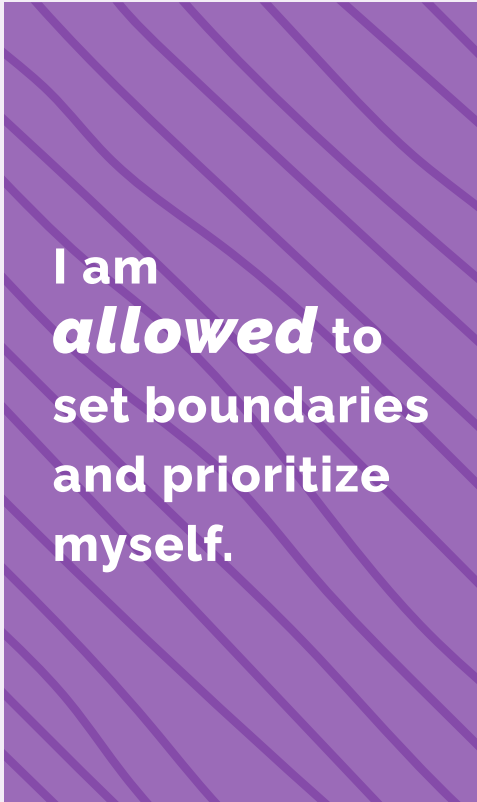
I am ***learning*** from my mistakes and moving forward.

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I am ***grateful*** for the small victories in my life.

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I am ***allowed*** to set boundaries and prioritize myself.

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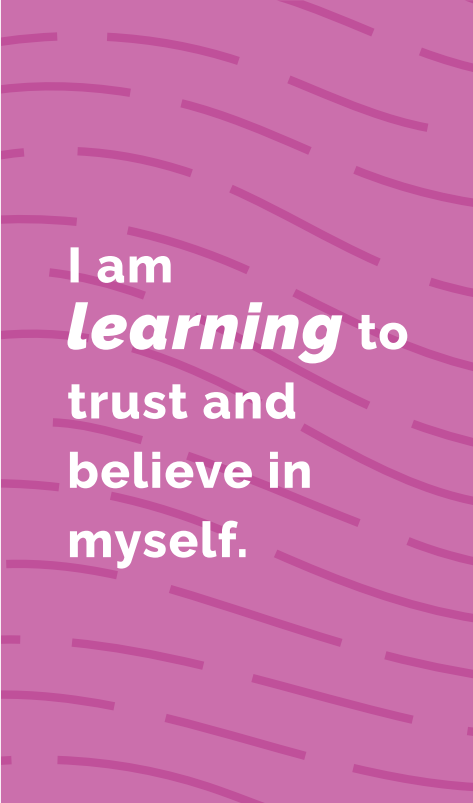
I am  
***grateful*** for  
my unique  
talents and  
abilities.

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I am  
***deserving***  
of love and  
happiness.

MentalHealthActivity.com



I am  
***learning*** to  
trust and  
believe in  
myself.

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I am  
***deserving***  
of rest and  
relaxation.

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I am capable  
of ***achieving***  
my goals, step  
by step.

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I am learning to  
***embrace*** my  
imperfections.

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