

Repeat After Me.....

- I don't need permission to be happy
- I am stronger than any negative thoughts
- I recognize the wisdom in my years
- I am allowing this day to bring me joy
- I believe in myself fully
- I love my puzzle pieces
- I am worthy and brave
- I choose happiness today
- I have unlimited potential
- I will not compare myself to others
- I am proud of my story
- I will replenish my soul when needed
- I remember my accomplishments
- I have the map for my journey
- I am unbreakable