

I can accomplish whatever is set before me.

I am capable of accomplishing my dreams.

Challenges help me grow.

I am surrounded by love.

I go through the day with positive thoughts.

**Positive thoughts generate positive feelings
and attract positive life experiences.**

I am _____

Overflowing with positive energy and joy.

Full of energy

Full of ideas

Love and care

In charge of my life

Happy and excited about life

Loved

A good friend

I can _____

Take control of this situation

Overcome this struggle

Choose happiness

Fulfill my life purpose

I will _____

Focus on the positive

Eat healthy and exercise

Practice meditation

Take time for myself