

I am the successful architect of my life.	Keep calm and carry on.
I trust myself to make the right decisions.	I am worth taking time for myself.
I have done (whatever the stressful situation is) before and I can do this one too.	My thoughts are calm and under control.
It I keep doing it, it will get easier.	I acknowledge my self-worth.
**************************************	When this is over, I'll be so proud of myself.

I can accomplish whatever is set before me. I am ____ Overflowing with positive energy and joy. Full of energy Full of ideas Love and care I am capable of accomplishing my dreams. In charge of my life Happy and excited about life Loved Challenges help me grow. A good friend I can Take control of this situation I am surrounded by love. Overcome this struggle Choose happiness Fulfill my life purpose I go through the day with positive thoughts. I will _____ Focus on the positive Eat healthy and exercise Positive thoughts generate positive feelings Practice meditation and attract positive life experiences.

Take time for myself