



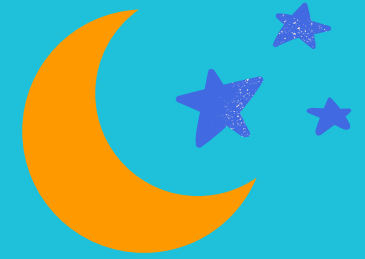
**I AM DOING MY  
BEST AND THAT IS  
ENOUGH.**



**I ACCEPT MY  
THOUGHTS AND  
EMOTIONS.**



**EVERYONE MAKES  
MISTAKES. I CAN  
TRY AGAIN.**



**I AM UNIQUE AND  
CAPABLE OF  
GREAT THINGS.**



**I CAN LEARN AND  
GROW EVERY DAY.**



**I CAN ACHIEVE MY  
GOALS.**



**I WILL BE PATIENT  
WITH MYSELF.**



**I WILL ENCOURAGE  
MYSELF.**



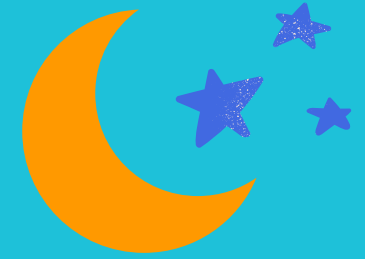
**I AM THANKFUL  
FOR WHO I AM.**



**MY WELLBEING IS  
IMPORTANT.**



**I BELIEVE IN MYSELF  
AND MY ABILITIES.**



**I AM PROUD OF MY  
ACCOMPLISHMENTS.**



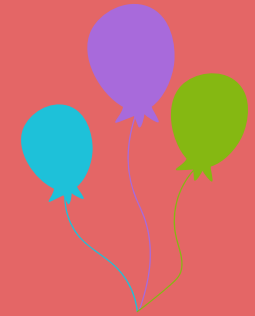
**I AM KIND AND  
CARING.**



**I WILL FOCUS ON  
WHAT BRINGS ME  
JOY.**



**MY THOUGHTS AND  
IDEAS MATTER.**



**I DESERVE KINDNESS  
AND COMPASSION.**