

*I have the power to do the most
incredible things*

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I am confident in myself and
my abilities

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I am capable of making the
best decisions for myself

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Growth begins outside
my comfort zone

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*I am a magnet for a
positive life*

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I can lead an authentic life

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I can achieve anything I put my
mind to

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I can find the opportunity to be my
genuine self today

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I love who I am and can
choose who I want to become

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I can make a positive difference in
my life

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I can inspire others

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I trust in myself and my intuitions;
I can walk through my fears

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No one can make me feel bad without
my permission

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I am strong

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I am brave

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I am proud of myself and what
I can achieve

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My happiness starts with me

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I have beauty in my life

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I am more than this moment

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I am worthy of a wonderful life

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Everyday is a new opportunity;
I am open and ready to learn

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*My happiness does not
depend on others*

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I believe in myself

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I am happy for other's successes

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I deserve to be treated with respect;
My voice matters

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I have the power to change my life in
how I choose to

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Challenges are an opportunity to
learn and grow

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I can find ways to
express my gratitude today

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Today I can find my happiness

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I am confident and empowered

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