

My feelings & thoughts are valid.

I am a beautiful person, inside & out.

I am loved.

I am enough.

I am a good person & I choose to be kind to myself today.

I am different & I'm not like the others & that's ok. That makes me unique.

I am stronger than I give myself credit for.

I'm only human. I make mistakes & that's ok.
My mistakes don't define me.

I am in charge of my feelings & my life.
Nothing will faze me.

I like myself the way I am, with my visible scars, imperfections and all.

I am doing the best that I can.

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