



I am grateful for the good things in my life.



I believe in myself.



I let go of all my worries and fears.



I am worthy of love, happiness, and success.



I stay motivated and reach my goals.



I am confident in myself.



I see how important each experience and person is in my life.



I make small changes that add up to big differences in my life.



I determine my destiny.



I am enough, whole, and complete.