

1. I matter. 2. I am important. 3. I can. 4. I care. 5. I am a good person. 6. I am strong. 7. I tell the truth. 8. I am trustworthy. 9. I am ethical. 10. I think good thoughts. 11. I will not hurt anyone. 12. I empathize with others. 13. I have faith. 14. I have a friend who loves me. 15. I deserve good things. 16. I care about who you are. 17. I help. 18. I give. 19. I appreciate. 20. I continue to learn. 21. I do my best. 22. I love. 23. I am loved. 24. I am smart. 25. I feel good. 26. I take care of myself. 27. I laugh, and it's okay. 28. I cry, and it's okay. 29. I create. 30. I belong. 31. I am needed. 32. I am persistent. 33. I love to play. 34. I try new things. 35. I like my body. 36. I am true to myself. 37. I follow through with promises. 38. I explore new options. 39. I meet new people. 40. I manage my temper. 41. I avoid negative people. 42. I keep dangerous substances from my life. 43. I will. 44. I teach. 45. I stretch beyond my boundaries. 46. I believe. 47. I have opinions and feelings and they are valid. 48. I speak up for others. 49. I speak up for help when I need it. 50. I ask for help when I need it. 51. I learn from mistakes. 52. I listen. 53. I share. 54. I respect myself. 55. I respect others. 56. I am responsible for my own actions. 57. I embrace change. 58. I accept what I cannot change. 59. I change what I can. 60. I trust. 61. I am fair. 62. I seek to forgive. 63. I avoid gossip. 64. I avoid speaking negatively of others. 65. I am proud of my accomplishments. 66. I find joy in others' accomplishments. 67. I can follow as well as lead. 68. I will let no one disrespect me. 69. I refrain from violence. 70. I give value to the world. 71. I achieve. 72. I have purpose. 73. I have the potential to succeed. 74. I think positive thoughts. 75. I like the essence of who I am.

SELF  
ESTEEM;  
POSITIVELY  
ME!©

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