



Positive Self Talk

I am a valuable person

- * I can have a positive outlook on my life
- * **I can have a healthy self-image**
- * I can take pride in my appearance
- * I can set goals for my future
- * I can be honest, sincere and loyal
- * I am responsible, punctual and a dependable person
- * **I can be confident in myself**
- * I can be bold and assertive and still humble
- * I am patient and forgiving
- * I can have self control,
- * **I am motivated to be healthy in body, mind and spirit**
- * I am open minded
- * I am unselfish
- * I can be organized
- * I can be creative
- * I can have a good sense of humor
- * I can be family-oriented
- * **I have gifts and talents that I can develop**
- * I can have faith
- * **I have what it takes to succeed**
- * I can be smart and intelligent because I have the brains
- * I can be generous and share
- * I can love others and accept them for who they are
- * **I can communicate well**
- * I can be a good listener
- * I have compassion on others in need
- * I can forgive those who have wronged me
- * **I refuse to dwell on past hurts and mistakes**
- * **I am thankful for this opportunity to become a better person**
- * Every day is new and I look forward to what lies ahead
- * **I BELIVE IN MYSELF**
- * I am not yet the person I am capable of being and intend to be,
but I'm getting closer and closer to becoming that person!

