

Positive Statements

What works for me?

- I choose to let the past go and move on to the future.
- I choose to see obstacles as an opportunity to grow.
- I choose to see the good in the people I interact with today.
- I choose to take good care of myself.
- I have a purpose that I am fulfilling.
- I have the power to control my reactions to the challenges I will face.
- I keep going because I believe in myself.
- I love myself.
- I matter.
- I refuse to give up because I haven't tried all possible ways.
- I trust myself.
- I will focus on my talents.
- I will inhale confidence and exhale doubt.
- I will not allow anxious thoughts to steal my joy.
- I will remember; often difficult roads lead to beautiful destinations.
- I will speak kindly to others and to myself.
- I will step out of my comfort zone and try something new today.
- I will take time to notice and be thankful for the little things.
- I will try do my absolute best in all things. Perfection is not the goal.
- If I work hard, it will pay off.
- My confidence is beautiful.
- My life is filled with possibility.
- My past does not define my future, I do.
- My problem has a solution; I will work on a plan.
- The answer is right before me, even if I do not see it now.
- Yesterday was a bad day, not a bad life. Today will be better.

Now take the phrases that work for you and create your own positive statement! Put it up somewhere you can see it everyday!

