



**I am willing to  
experience my emotions  
without judgment.**



**My thoughts are only  
thoughts; they don't  
define who I am.**



**I choose to act  
according to my values,  
not my fears.**



**I am more than my  
negative thoughts.**



**I have the courage to  
live in accordance with  
my values.**



**It's okay to feel  
uncomfortable emotions.**



**I can handle feeling  
uncomfortable because  
it's a part of life.**



**I am open to all my  
feelings without the  
need to control them.**



**I can have negative thoughts without reacting to them.**



**I choose to focus on the things that are within my control.**



**My thoughts are not  
facts.**



**My self-worth is not  
defined by my thoughts  
or feelings.**



**Every day, I am getting better at observing my feelings without getting lost in them.**



**It's okay not to be okay.**



**I allow myself to feel  
this fully, without trying  
to change it.**



**I can feel scared and  
still move forward.**



**I am not defined by my  
fears.**



**I choose acceptance  
over struggle.**



**My feelings are valid.**



**My worth is inherent  
and unchanging.**



**I can sit with discomfort  
and still choose actions  
that align with my  
values.**



**I am always in the  
process of learning and  
growing.**



**I am committed to living  
a life based on my  
values.**



**I can handle uncertainty  
and still take steps  
toward my goals.**



**I embrace all  
experiences, whether  
positive or negative.**



**I am not my thoughts.**



**My feelings are a natural response to my experiences, not a reflection of who I am.**



**I can feel and still choose to act in ways that align with my values.**



**I choose to be mindful in  
every moment.**



**I am open and accepting  
of what each new day  
brings.**



**I choose to act  
according to what  
matters most to me.**



**I can make space for  
difficult feelings.**



**I choose to respond to  
my thoughts rather  
than react to them.**



**I am a work in progress,  
and that's okay.**



**I trust in my ability to  
navigate through life's  
challenges.**



**I am learning to be  
patient with myself and  
my progress.**



**My journey is unique,  
and I am where I need to  
be.**



**I am capable of making  
positive changes in my  
life.**



**I am willing to move in  
the direction of my  
values, even when it  
feels difficult.**



**I am becoming more  
resilient every day.**



**My journey is unique,  
and I am where I need to  
be.**



**I am capable of making  
positive changes in my  
life.**



**I am willing to move in  
the direction of my  
values, even when it  
feels difficult.**



**I am becoming more  
resilient every day.**



**I can choose how I  
respond to my thoughts.**



**My feelings come and go;  
they do not define me.**



**I am worthy, just as I  
am.**



**I am committed to  
growth, not perfection.**



**I trust in my journey  
and my growth process.**



**I am not defined by my  
past; I am empowered by  
it.**



**I have the courage to  
live authentically.**



**I choose to embrace all  
parts of me, even the  
parts I find difficult.**



**My potential for growth  
is limitless.**



**My courage is stronger  
than my fear.**



**I can find peace in the  
midst of discomfort.**



**I am cultivating a deep  
respect for my journey  
and growth.**



**I trust my ability to  
navigate the challenges  
life presents me.**



**I am becoming a more  
mindful observer of my  
thoughts and feelings.**



**I am growing stronger  
and more resilient every  
day.**



**I am the author of my  
own story, not a  
character controlled by  
my thoughts or feelings.**