



I am a worthwhile person
I am a child of God
I am willing to accept love
I am willing to give love
I trust the process of life
I am free to be the best me I can
I am able to freely express my emotions
I am powerful
I can openly express my feelings
I deserve love, peace, and serenity
I am capable of changing
I can take care of myself without feeling guilty
I have enough money
I have time to help other people
I have time to care for me
I have time to notice the beauty around me
I am filled with love and light
I am in full control of how I feel inside
I have the right thoughts at just the right time
I am wise whenever I choose to be
I am able to reach my highest potential
I can see the forest and the trees
My life is filled with abundance
I give myself permission to laugh heartily
I am beautiful inside and out
I can be spontaneous and whimsical
I am peaceful with life
I can say no and not feel guilty
I stop to notice those who love me
I have everything I really need
I can be filled with joy
I choose to be in the presence of beautiful people