

Positive Self Talk

What we fill our heads & minds with affects our mood & our day.

So remember to keep it positive!

Here are some statements to tell yourself when starting each amazing morning:

I AM LOVING & I
AM LOVED

I AM STRONG &
HEALTHY

I HAVE A LOT TO
BE PROUD OF

I AM DETERMIND
& SUCCESSFUL

I AM IN
CONTROL OF
MYSELF & MY
CHOICES

I AM GOOD &
WORTHWHILE

I CAN
ACHIEVE
ANYTHING
THAT I WANT
TO ACHIEVE

I AM UNIQUE &
SPECIAL

Created By:



Adore Them