

*I am grateful for  
all that I have*

*I am grateful for  
my health, my  
friends and family*

*I believe in  
myself*

*My thoughts  
become my  
reality*

*I am capable  
of amazing  
things*

*I love and accept  
myself*

*I am a trusted  
advisor and  
friend*

*I am calm and  
at peace*