

# WITH ME IN MIND

## Wellbeing

### Positive thoughts and affirmations

1. There is no one better to be than myself
2. I am enough
3. I get better every single day
4. I am an amazing person
5. All my problems have solutions
6. Today I am a leader
7. I forgive myself for my mistakes
8. My challenges help me grow
9. I am perfect just the way I am
10. Today is going to be a great day
11. My mistakes help me to learn and grow
12. I have courage and confidence
13. I can control my own happiness
14. I have people who love and respect me
15. I stand up for what I believe in
16. I believe in my goals and dreams
17. It's okay not to know everything
18. Today I choose to think positive
19. I can get through anything
20. I can do anything I put my mind to
21. I give myself permission to make choices
22. I can do better next time
23. I have everything I need right now
24. I can capable of so much
25. Everything will be okay
26. I believe in myself
27. I am proud of myself
28. I am capable of so much
29. I am free to make my own choices
30. I deserve to be loved
31. I can make a difference
32. Today I choose to be confident
33. I am in charge of my life
34. I have the power to make my dreams true
35. I believe in myself and my abilities
36. Good things are going to come to me
37. I matter
38. My confidence grows when I step outside my comfort zone
39. My positive thoughts create positive feelings
40. Today I will work through my fears
41. I am open and ready to learn
42. Every day is a fresh start
43. If I fall I will get back up again
44. I am whole
45. I only compare myself to myself
46. I can do anything
47. It is enough to do my best
48. I can be anything I want to be
49. I accept who I am
50. Today is going to be an awesome day