

# 101 Positive Things To Say To Myself

1. I love myself.
2. The world has a need for me.
3. I am unique.
4. I can and I will do things to promote healing in my life.
5. I can handle this one step at a time.
6. The sun is shining; I am ready to take on another day.
7. My problem has a solution; I will work on a plan.
8. I am a survivor.
9. I refuse to give up because I haven't tried all possible ways.
10. I will inhale confidence and exhale doubt.
11. I may be one in 7 billion but I am also one in 7 billion!
12. I am smart.
13. I believe I can change the world (or at least my corner of it).
14. I am important.
15. Today, I will celebrate me.
16. I matter.
17. I can find peace through prayer and meditation.
18. I am strong.
19. My confidence is beautiful.
20. I am imperfect but I'm still perfectly me.
21. My smile can make anyone feel better.
22. I choose to focus on what I can control.
23. Everything will work out in the end. If it hasn't worked out yet, it's not the end.
24. I am happy with who I am.
25. Every day, in every way, I am becoming better and better.
26. I am a good person.
27. I keep going because I believe in myself.
28. I choose to see the good in the people I interact with today.
29. It is always too early to give up on my goals.
30. I can reach out for help if I need it.
31. I am special; I will not change myself for anyone.
32. I choose hope.
33. The answer is right before me, even if I do not see it now.
34. I am thankful for....
35. I choose to take good care of myself.
36. I accept myself.
37. I can make a difference.
38. My past does not define my future, I do.
39. My life is filled with possibility.
40. I refuse to be pushed by my problems; I will be led by my dreams.
41. I am awake and ready to be awesome.
42. I will focus on my talents; I have things to share with the world.
43. I choose to have the strength to move on to healthier relationships.
44. I deserve to have good things in life.
45. I release myself from my anger.
46. I love who I am.
47. I will allow peace to fill my soul.
48. Today is a new day; I will see what adventure it holds.
49. I choose to be proud of myself.
50. I will do my absolute best in all things.
51. I will speak kindly to others and to myself.
52. I choose to be brave and tell others if I need support.
53. I have the power to control my reactions to the challenges I will face.
54. I am becoming healthier each and every day.
55. I choose to see each obstacle as an opportunity to grow.
56. I will step out of my comfort zone and try something new today.
57. I am a success; I can make this day great.
58. Note to self: You are amazing.
59. I can control my breathing.
60. I will stay calm, it will get better.
61. I will allow myself to forgive; it will allow me to move beyond the pain, to a place of peace.
62. I choose to make today amazing.
63. I choose to let the past go and move on to the future.
64. Today, I will be courageous.
65. I release all fear from my mind.
66. I can reach my goals, I am unstoppable.
67. I am ready to write a new chapter for my life.
68. I will take time to notice and be thankful for the little things.
69. I can write down my thoughts and take control of my emotions.
70. I am a child of God.
71. My hard work is already paying off.
72. I am thankful for life.
73. I choose to be happy.
74. I accept the good that is flowing into my life.
75. I will not allow anxious thoughts to steal my joy.
76. Today, I forgive myself.
77. My body knows how to get better; I will listen to it and rest when needed.
78. I am stronger than my worries.
79. I am not the only one who struggles; I choose to be kind to everyone I meet.
80. Yesterday was a bad day, not a bad life. Today will be better.
81. I am braver than I feel.
82. While I wait for the storm to pass, I will choose to dance in the rain.
83. I am loved.
84. I will remember; often difficult roads lead to beautiful destinations.
85. There is more to this life than this moment; I choose to keep moving forward.
86. I am capable of bringing my dreams to life.
87. I am okay. I am breathing. I am alive.
88. I am capable of achieving great things.
89. I light the world with my smile.
90. My spirit is beautiful.
91. I make a difference in the world.
92. I allow myself to take a break and do something I enjoy.
93. I can show kindness to others.
94. I'm not sure what will happen tomorrow, but I'll take care of myself so I am strong enough to face it.
95. I choose to approach my problems with a calm heart and mind.
96. I trust myself.
97. I will do my best with whatever comes my way.
98. I have a purpose that I am fulfilling.
99. I will listen to that whisper of hope that says, 'you can do it, try again'.
100. I can change my life.
101. I will learn from yesterday, live for today and hope for tomorrow.

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