

I stand tall. I go forth in strength.

I dare to dream

I allow changes to unfold

I allow myself to grow

I listen to my heart

I transform my dreams into plans

I trust myself

I put my plans into action

I am courageous

I am confident

I am strong

I make good decisions for myself

I accept all of me

I rest

I am grateful

I dare to succeed

I learn from experiences

I spend my time well

I am balanced and calm

I draw healthy boundaries for myself

I sit with myself

I let go

I release expectations

I listen to my soul

I accept myself as I am

I allow my dreams to speak to me