

I am good to myself. My heart is open.

I open myself up to new ideas

I try something new

I carefully weigh up what I want to achieve

I am filled with hope

I make achievable plans

I act with compassion

I have healthy balances in my life

I savour the moment

I know what I am doing

I have a steady overview

I trust myself

I know when I have enough of what I need

I am content

I give freely of my abundance

I am grounded and calm

I acknowledge my achievements

I spend time on what's important to me

I am harmonious

I am learning

I release and let go

I look after myself

I am whole

My dreams are full of hope

I am comfortable with myself

