

50 Positive

Self-Talks

from Brave Capybara



1. I am enough
2. I am getting better every day.
3. Today is going to be a great day.
4. I am a wonderfully person.
5. There is only one of me.
6. I am special.
7. All my problems have solutions.
8. I am a problem solver.
9. Today, I am courageous.
10. Mistakes happen but it's ok.
11. I have worth.
12. I am loved.
13. My mistakes help me grow.
14. Today, I am confident.
15. I stand up for what I believe in.
16. I control my own happiness.
17. I have goals and dreams.
18. I can get through anything.
19. Today, I choose to think positive.
20. I can do better next time.
21. My mistakes don't define me.
22. I am content.
23. Everything will be okay.
24. I can make my own choices.
25. I am capable of so much.
26. I am unique.
27. I deserve to be loved.
28. I can make a difference.
29. My life matters.
30. My hands are small, but mine.
31. Today, I am brave.
32. I believe in myself.
33. I am ready to learn.
34. I am curious.
35. Today, I am open minded.
36. I embrace new things.
37. If I fail, I will get back up.
38. I am whole.
39. I will overcome my fears.
40. One step at a time, I can do this.
41. I can do what I set my mind to.
42. It is enough just to be me.
43. I love who I am.
44. Today will be an awesome day.
45. I am valued.
46. Every day is a new day.
47. I grow when I push myself.
48. I can turn over a new leaf.
49. I can live with discomfort
50. Just breathe. I am in control.

