

Positive Self-Talk Statements



- I am strong
- I am in control of my body
- I have good ideas and I deserve to be heard
- I feel peace and calm
- I am determined
- I am a good and worthwhile person
- I am a beautiful person
- I have inner strength
- I am confident
- I will hold my head up high
- Others can see the good in me
- I have overcome many challenges to be here
- I look good because I am good
- I have good things to offer the world
- I like myself and I care about others

- I am kind
- I am needed and worthwhile
- I am a loving person
- I have a lot to be proud of
- I have all that I need in this moment
- I am in control of my life
- I can achieve anything I want to achieve
- I'm moving towards my goals
- I am in control of my choices
- I am strong and healthy
- My life has meaning and purpose
- I am calm
- Things are getting better every day
- I am relaxed
- I have all that I need
- I choose to live a healthy lifestyle
- I can treat myself gently

- I am worthy of love
- I am learning what I need to do to take care of my body
- I am powerful
- I will look for the good in this day
- I can master anything if I practice it
- I have so much to offer
- I take things one step at a time
- All is well, right here, right now
- I have a beautiful soul

- I will put myself first
- My feelings are valid
- It will be okay
- I can choose my course
- I can take things one step at a time
- My past does not define my future

