

x

**I am  
important.**

twinkl.com

x

**I am  
loved.**

twinkl.com

x

**I am  
calm and  
I am in  
control.**

twinkl.com

x

**I can do  
it and I  
will do it.**

twinkl.com

x

**I am in  
charge of  
my own  
emotions.**

twinkl.com

x

**I am a  
good  
friend.**

twinkl.com

x

**I am  
brave.**

twinkl.com

x

**I am  
strong.**

twinkl.com

x

**I can  
make  
good  
decisions.**

twinkl.com

x

**I am  
proud of  
myself.**

twinkl.com

x

**I am  
capable.**

twinkl.com

x

**I am  
healthy.**

twinkl.com

x

**I have  
a good  
support  
network.**

twinkl.com

x

**I am  
confident.**

twinkl.com

x

**I am  
happy.**

twinkl.com

x

**I am  
courageous.**

twinkl.com

x

**I will  
keep  
trying.**

twinkl.com

x

**Fear of  
failure  
will not  
stop me  
trying.**

twinkl.com

x

**I choose  
to start  
today  
with a  
smile.**

twinkl.com

x

**I am kind  
and I am  
loyal.**

twinkl.com

x

**I show  
empathy  
towards  
others.**

twinkl.com

x

**I believe  
in myself.**

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