



1. Every day is an opportunity for a fresh start.
2. I am focusing on what's most important to me.
3. I am doing what's right for me. It's okay that some people do not agree with or support my choices.
4. I accept that I can't control others. I release them to make their own choices.
5. I can lean on others for support.
6. My worth isn't based on other people's standards and opinions.
7. I am setting boundaries for my own well-being, not to control or punish others.
8. I am limiting my exposure to people who treat me poorly.
9. I can overcome obstacles, figure things out, and persevere.
10. I can tolerate uncertainty.
11. I notice my emotions and am curious about what they're telling me.
12. My past does not define me.
13. I notice what's going well in my life and am grateful for what I have and who I am.
14. I am allowed to rest.
15. I offer myself grace when I make a mistake or mess up.
16. It's not selfish to take care of myself.
17. Ending or limiting relationships with "toxic" people is an act of self-care.
18. I will do so thoughtfully and without guilt.
19. My feelings and needs are valid. I don't have to justify them.
20. I'm choosing to think positively.
21. My mental health is a priority.
22. I'm proud of how far I've come.
23. I love and respect myself.

