

# 65 Powerful Things To Say To Yourself

1. I am worthy of good things.
2. I deserve to be loved.
3. I am grateful for what I have.
4. My opinion matters.
5. I can work this out.
6. I can go through anything.
7. I am enough.
8. I am beautiful the way I am.
9. I have what it takes.
10. I can learn.
11. I am doing fine.
12. I have the power to change.
13. Deep inside I know what I want.
14. My failures are my lessons.
15. I won't give up.
16. I will give all that I've got.
17. I won't stop until I'm there.
18. I control my happiness.
19. I control my thoughts.
20. I am successful enough.
21. I will love every inch of my body.
22. I choose to be brave.
23. I know what I'm doing.
24. I trust myself.
25. Things will work out.
26. I can be patient.
27. I can respect and be respected.
28. I will look for what's right in every situation.
29. I am growing as a person.
30. I am more than my fear.
31. My body can heal.
32. My life has its own timing.
33. I can cope with distress.
34. I am smart and intelligent.
35. I have power over my mindset.
36. I will move forward.
37. I will not give up on myself.
38. I allow myself to rest & slow down.
39. I can achieve the things I want.
40. I am just as good as anyone else.
41. I can face my obstacles.
42. I can let go.
43. I can forgive.
44. My life is my story, and I'm proud of it.
45. I view changes as new opportunities.
46. There's nothing wrong with me.
47. There's nothing wrong with anyone.
48. I don't have to be sad.
49. I am fulfilled.
50. I have a purpose.
51. I deserve to love myself.
52. I can take it step by step.
53. I am proud of myself.
54. Now is a perfect time.
55. I'm getting stronger every day.
56. It is well.
57. I will be excited for what's coming.
58. I can be inspired.
59. I can improve.
60. I love my life the way it is.
61. I can get up if I stumble.
62. I am fierce.
63. I can say "NO".
64. I'm going to show the world what I'm capable of.
- 65. Life is what I make it.**