

I am enough.

I will always
do my best.

I prioritize my health
first.

I can achieve hard
things.

I am in the right place.

I believe in myself.

I am love and I am
loved by myself.

I will try to
overcome my
fears.

I allow
myself to be
mindful.

I am grateful.

I am proud of
myself.

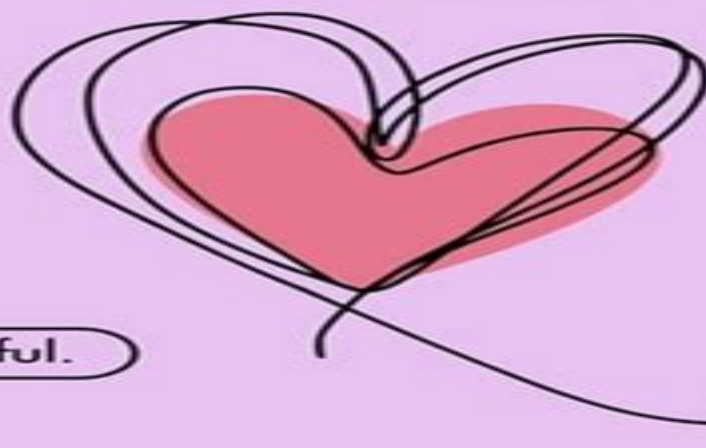
I am worthy.

I trust my inner
instincts.

I am working hard to
achieve my goals.

I choose
myself.

I am resilient.



Depression Happiness Overcome Your Depression
Confidence Positive Thinking Anxiety Bipolar
Postpartum Depression

SB Merriam



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