

I ask for what I want

**I build a bridge from
the Life I have to the
Life I want**

My body is mine

**I believe I can
make a difference**

I know what I need
to succeed

**One lie spoils a
thousand truths**

I respect myself
and respect others

I can say No

I am rich in hope
for the future

I accept who I
am right now

I'm growing and
changing

I'm a person of
great worth

**I will not let fear stop
me from moving
forward**

Beauty is all around me

There are people in my
life who want to help

I am strong

I like myself

I can make
healthy decisions

I know who to trust

I have courage

I am kind

I help others

I am worthy of trust

I can be happy

**My feelings are
important**

I'm a good friend

I like to laugh