

*I can  
and  
I will*

I SPEAK WITH  
*kindness*

**IT'S OK  
TO ASK  
FOR HELP**

**Progress,  
not  
perfection.**

*I am*  
**STRONG**

**MY WORDS  
HAVE  
POWER**

**Mistakes  
are proof  
that I am  
trying!**

**I stand  
up for  
myself.**

**I AM  
*patient***

**I  
deserve  
respect.**

**my  
feelings  
matter**

**I CAN FIND  
SOLUTIONS TO  
ANY PROBLEM**

I HAVE THE  
**COURAGE**  
TO SHARE MY  
**FEELINGS &**  
**OPINIONS.**

*I am so  
very  
loved*

*I am a  
good  
friend.*

I can do  
**HARD**  
**THINGS!**

**I am**  
**ENOUGH.**

**I BELIEVE**  
**IN MYSELF!**