

I am capable

**I am taking
positive steps to
advance my goals**

**I can do anything if
I put my mind to it**

**I can meet my
goals**

**I am focusing on
positive thoughts**

**I am not my
mistakes**

**I can learn from
situations that
make me feel
challenged**

**I am grateful for
my support
system**

**I am not going to
let negative
thoughts control
me**