


Today will be full of exciting opportunities
I invite peace and harmony into my life
I am strong, capable and confident
I have the right not to seek the approval of others
I alone create joy and happiness in my life
In setbacks I think of positives first
I have the right not to take others problems on or make them mine
I have the right to say no without feeling guilty
I am a nice person. I love and approve of myself
No person, place or thing has any power over me. I am free





Happier, Healthier
Longer Lives

