



- I appreciate every moment of my life.
- I will accept myself without conditions.
- I am a compassionate and helpful person.
- I look at life in an up-beat way.
- I eagerly accept new challenges.
- I am loving and good to myself.
- I am worthy to love and be loved.
- I enjoy getting compliments.
- I enjoy getting recognition for the good things I do.
- I am as important as everyone else.
- I will not dwell on my past mistakes.
- I will do what I can and not worry about the rest.
- I am going to reach my goals.
- I am a unique person and worthy of respect.
- I will look at challenges as an opportunity to grow.

## Create your own helpful statement:

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*Adapted from:* Adapting to Stress, Hope Heart Institute (1988) *by:* Susan Charlton RN, BScN and Elizabeth Emberly RN, BScN (CDMHP, 2003)

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