



Positivity Reflections

Be Happy With Yourself!

I Am HAPPY With Myself!

I have a sense of peace and wellbeing because I am happy with who I am. I choose to be me and that is a great choice! I am heading towards great places in life and I focus on where I am and where I am going rather than living in the past.



I make positive choices that reflect my self-love and self-confidence. When I speak of myself I use positive words that build up my sense of spirit rather than talking down about myself.



I am a devoted friend, a loving parent, a responsible worker, and an all-around fun person. Who I am depends solely on how I see myself and how I chose to behave.

While I seek peace with all people, I live for myself and for my family. I reject negative criticism, therefore I am unaffected by others' negative opinions. If I am ever faced with denigration, I move on quickly without dwelling on it and remind myself of all the greatness within me.

Understanding my worth enables me to take risks beyond my imagination. When I let go of self-doubt, I soar far above mediocrity and I become extraordinary. My confidence also helps me to refrain from judgment, accepting others as they are.

Today, I choose to lift the limits of my possibilities by recognizing my value and embracing the person that I am.

Self-Reflection Questions:

What are some great things about me?

Do I reject negative criticism?

How can I overcome that which prevents me from taking risks?



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