

#### Positive things that make me unique....







10 things that make me uncomfortable. Why they make me uncomfortable and how I can change my mindset so I feel more comfortable with them.



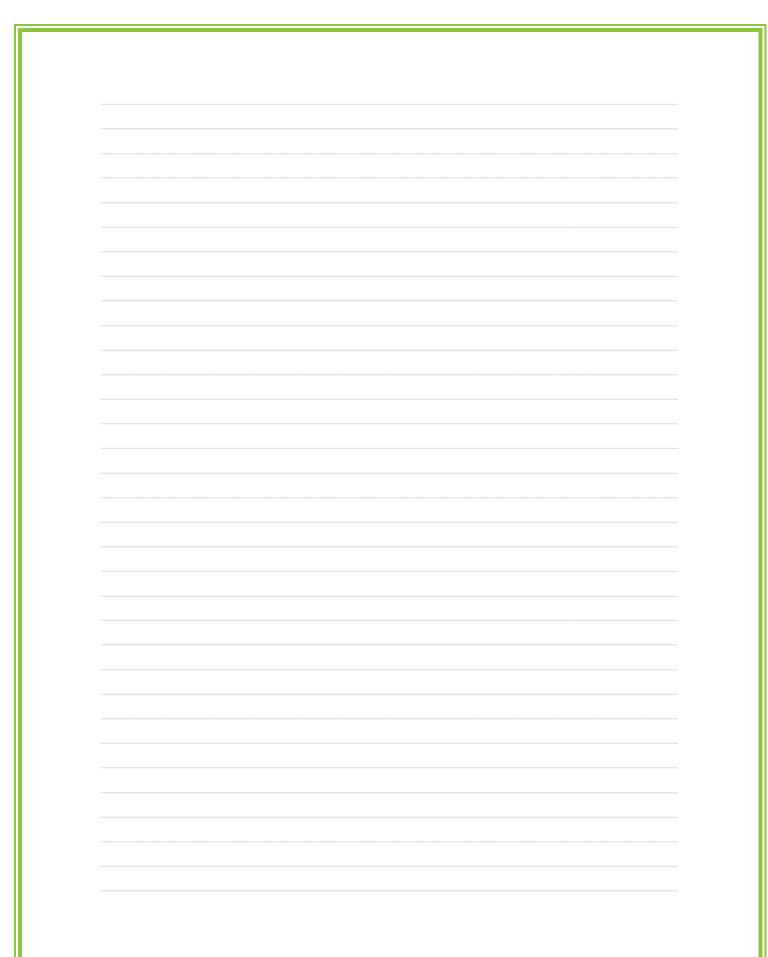


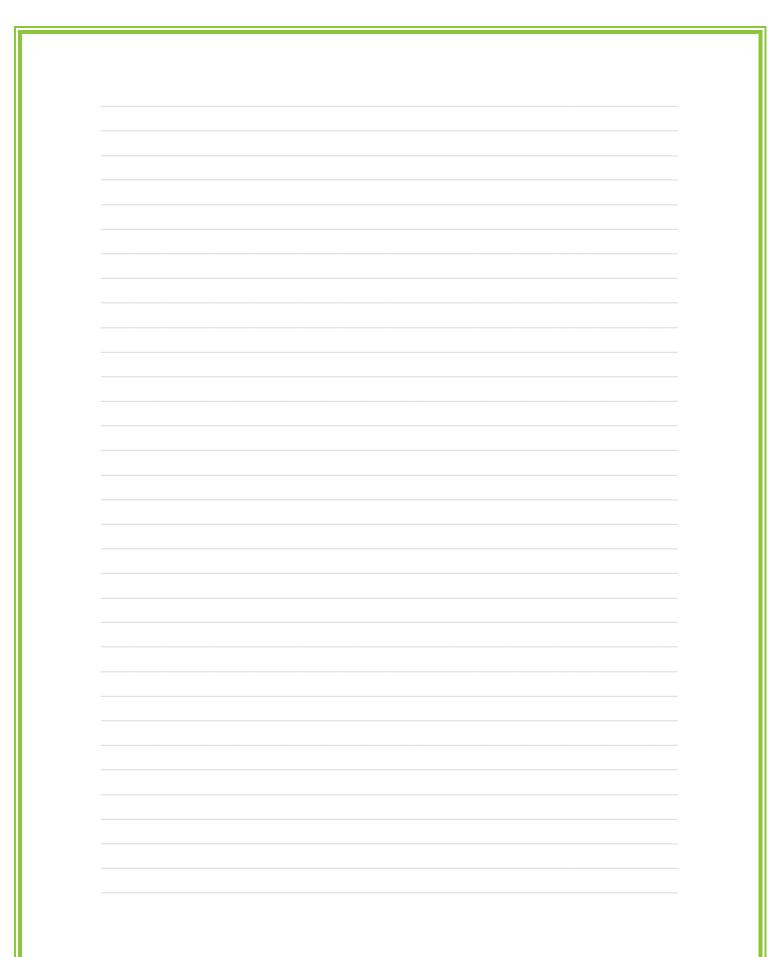
### I want to be remembered for..... In order for this to happen, I need to....





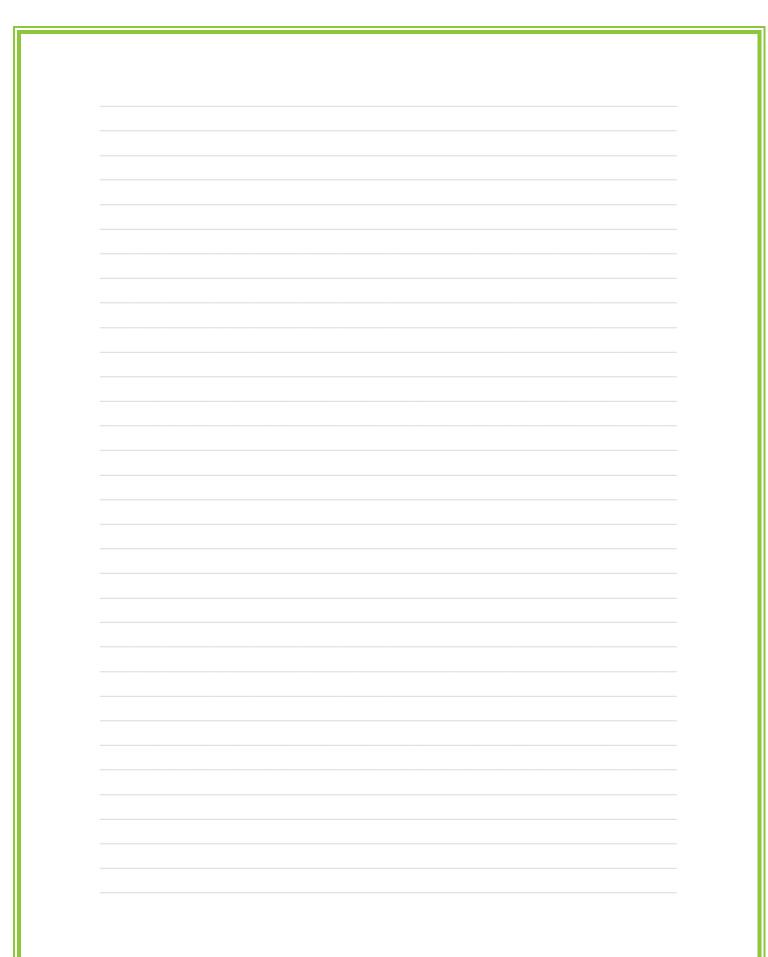
## $Positive\ character\ traits\ I\ love\ about\\ myself...$

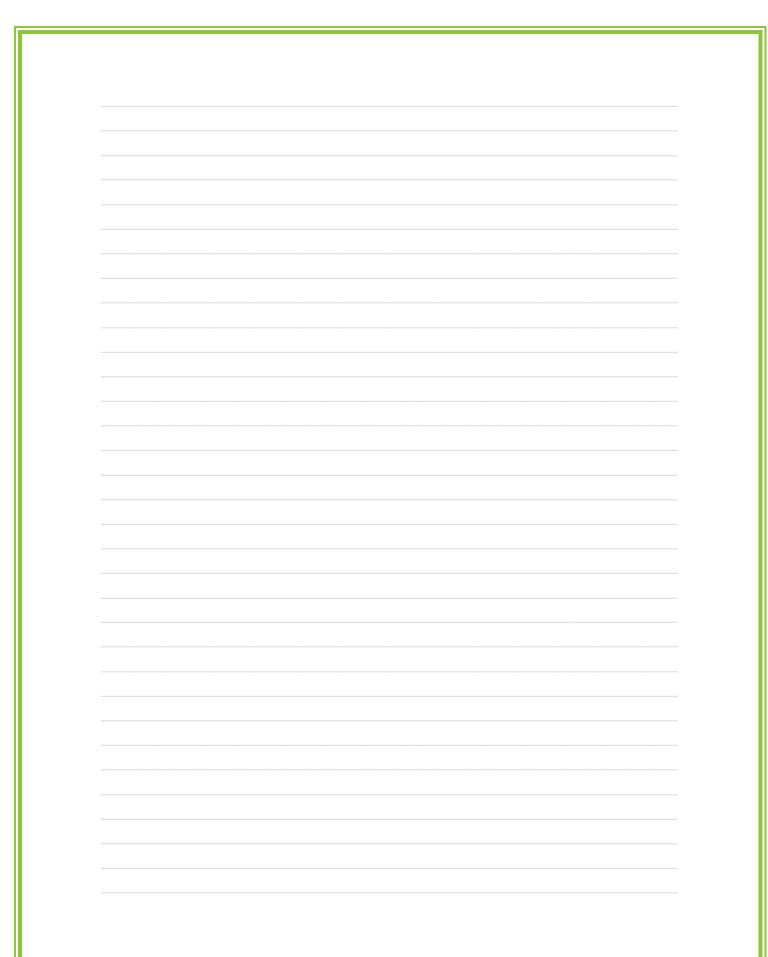




# Something I'm always being complimented on & how it makes me feel...

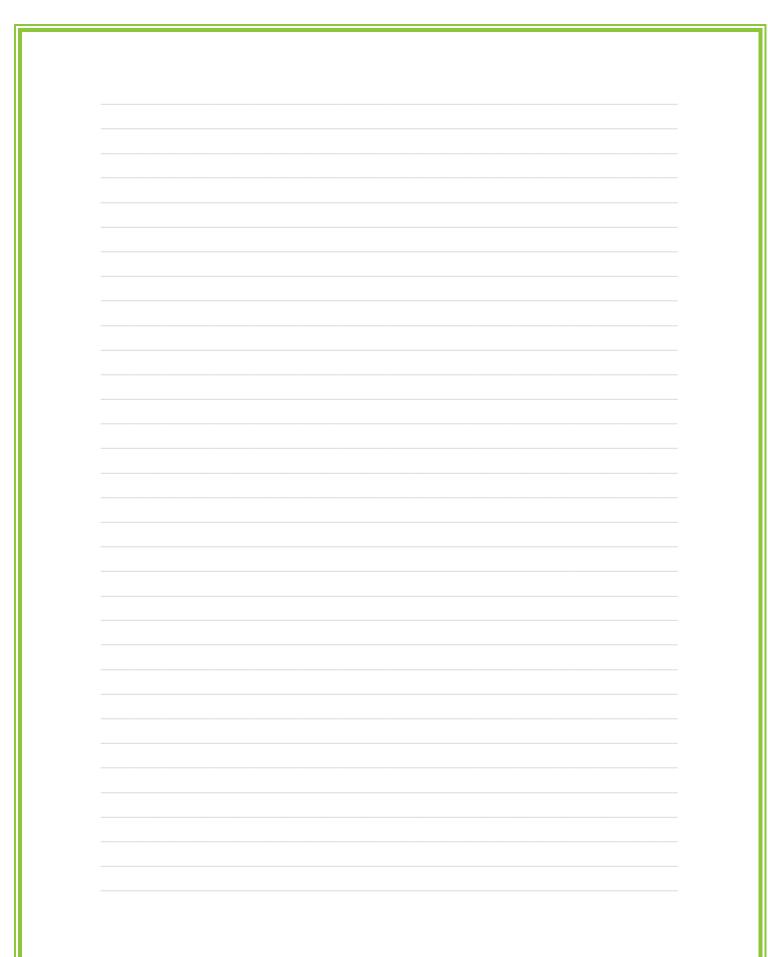
#### **MORPH STATE**

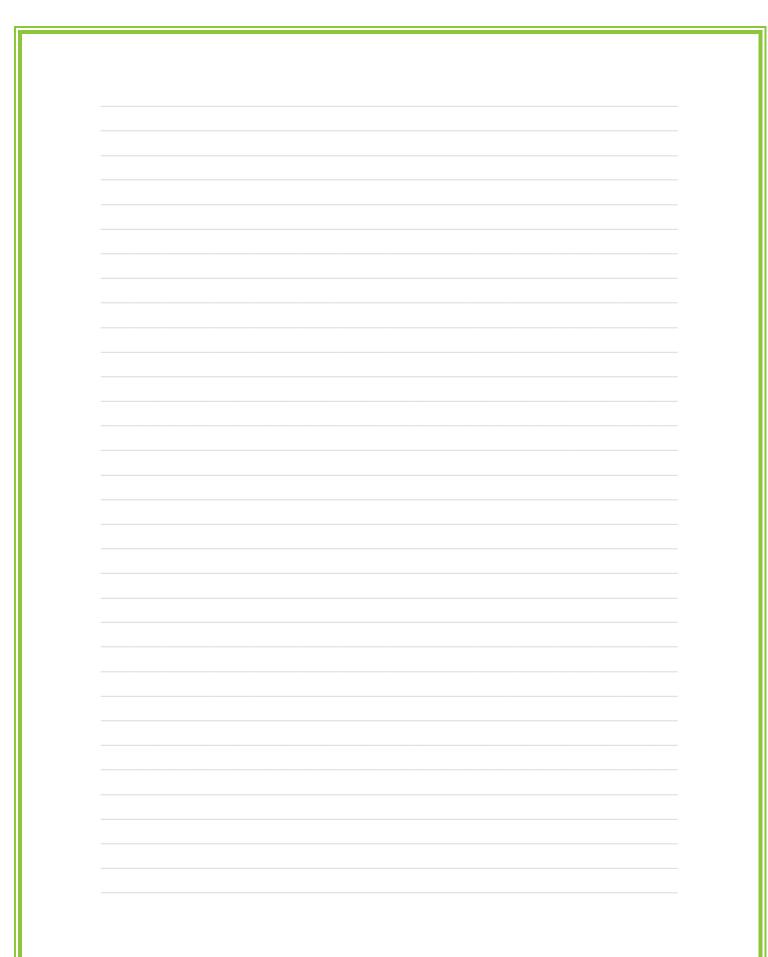




#### One thing that makes me feel strong...







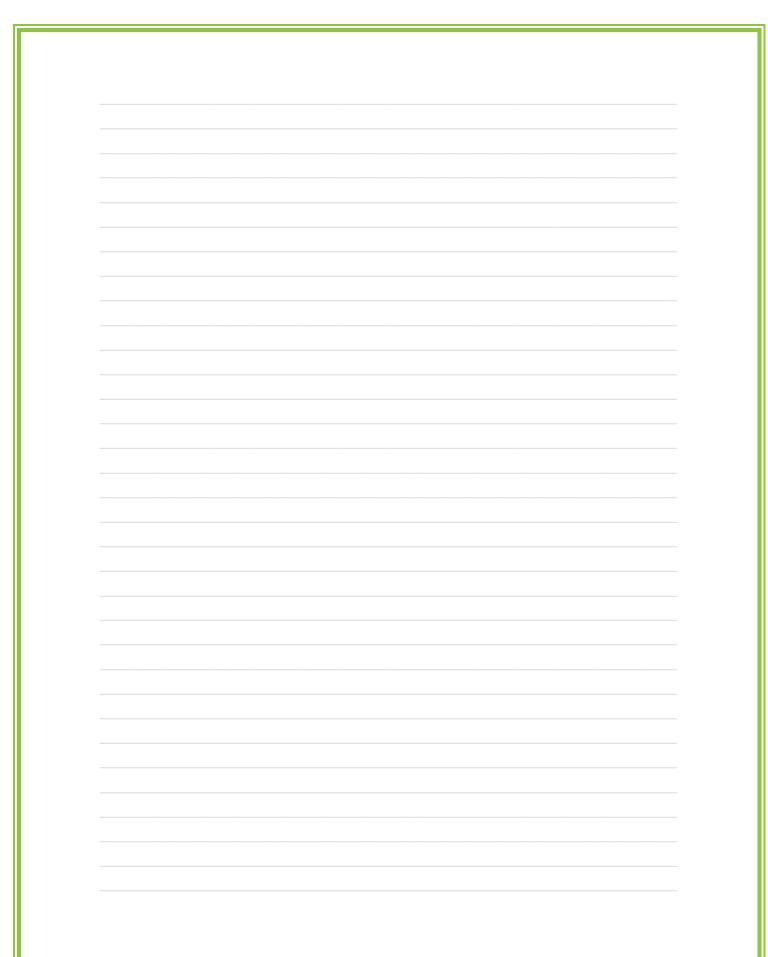
#### 10 qualities I like most about myself...

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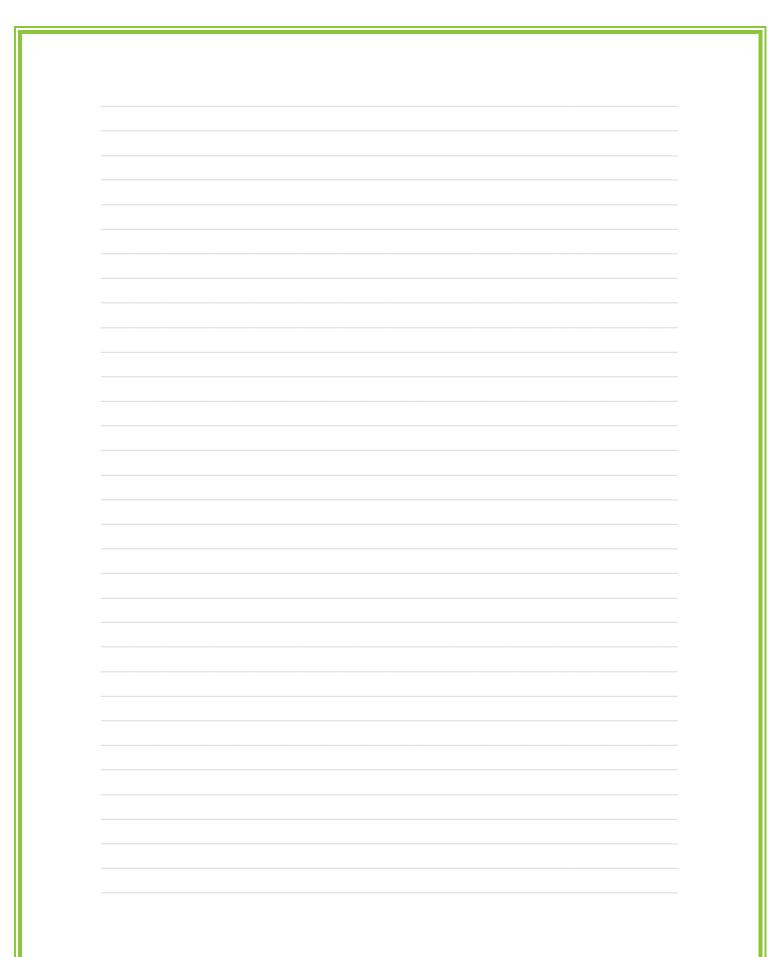
Someone I consider to be confident... The qualities they possess that make them look and feel confident. Qualities I have that are like this person. In order for me to look and feel as confident as they are, I need to...





#### I deserve better because....







#### I draw the line at....

(When you say enough! I deserve better. I will do better. I will insist on being treated better.)

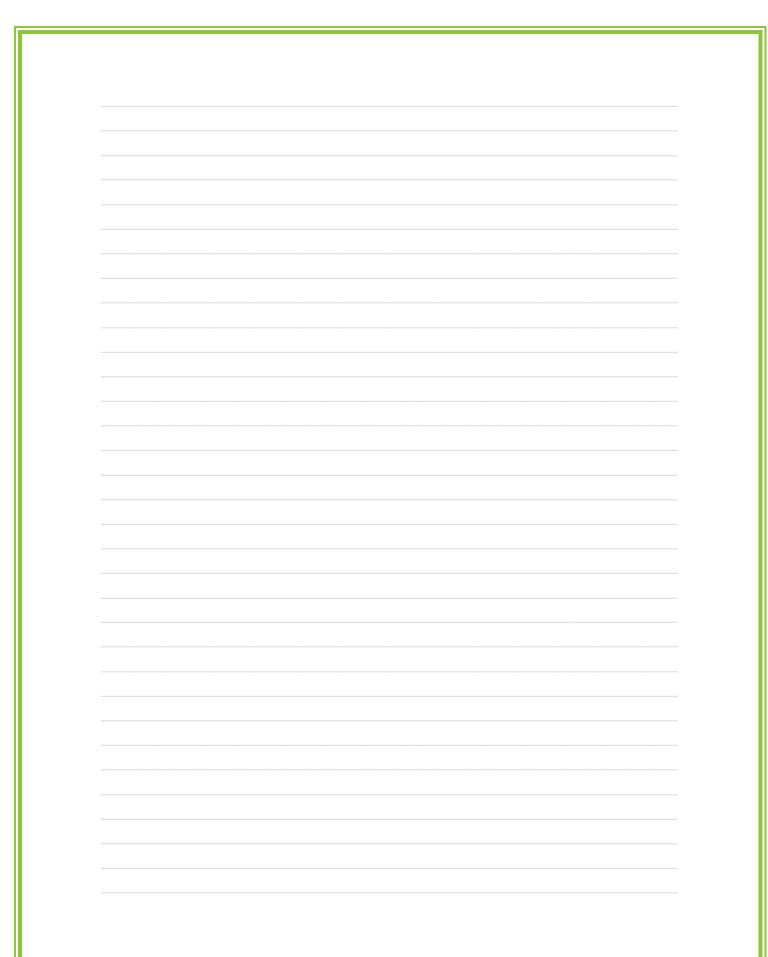






## "The most beautiful thing you can wear is confidence"

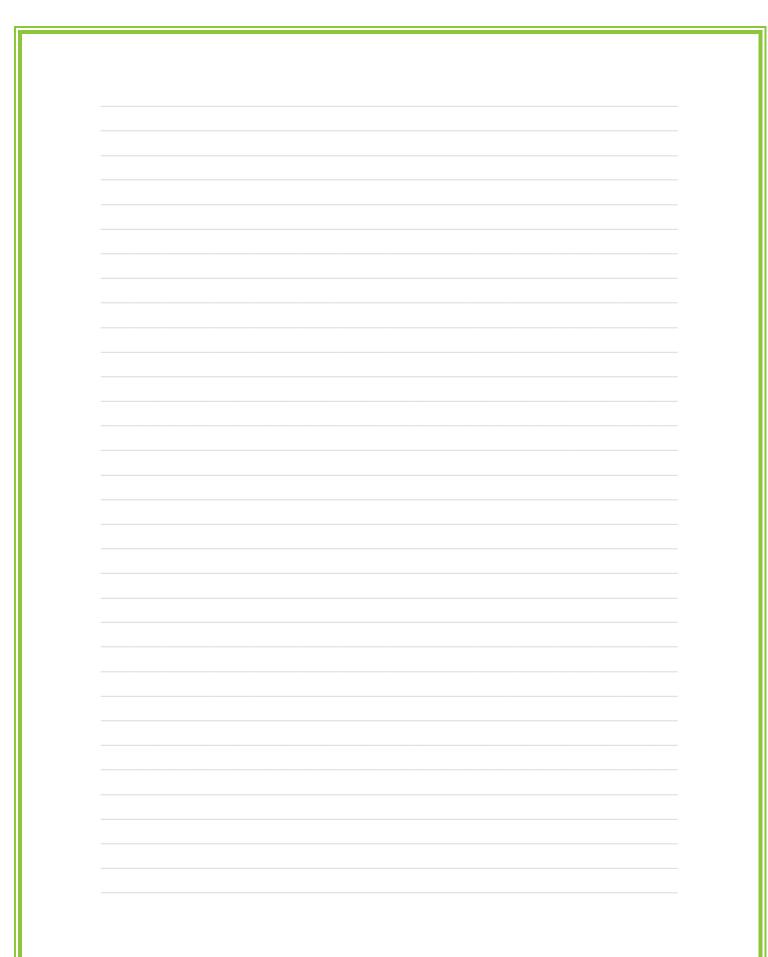
- Blake Lively

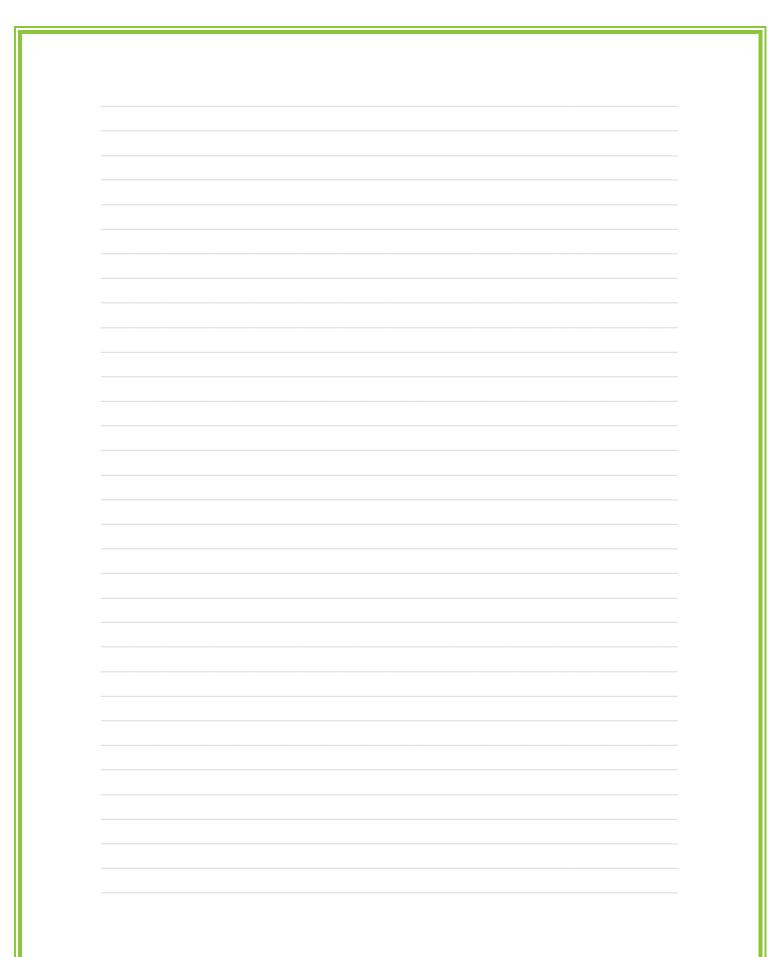




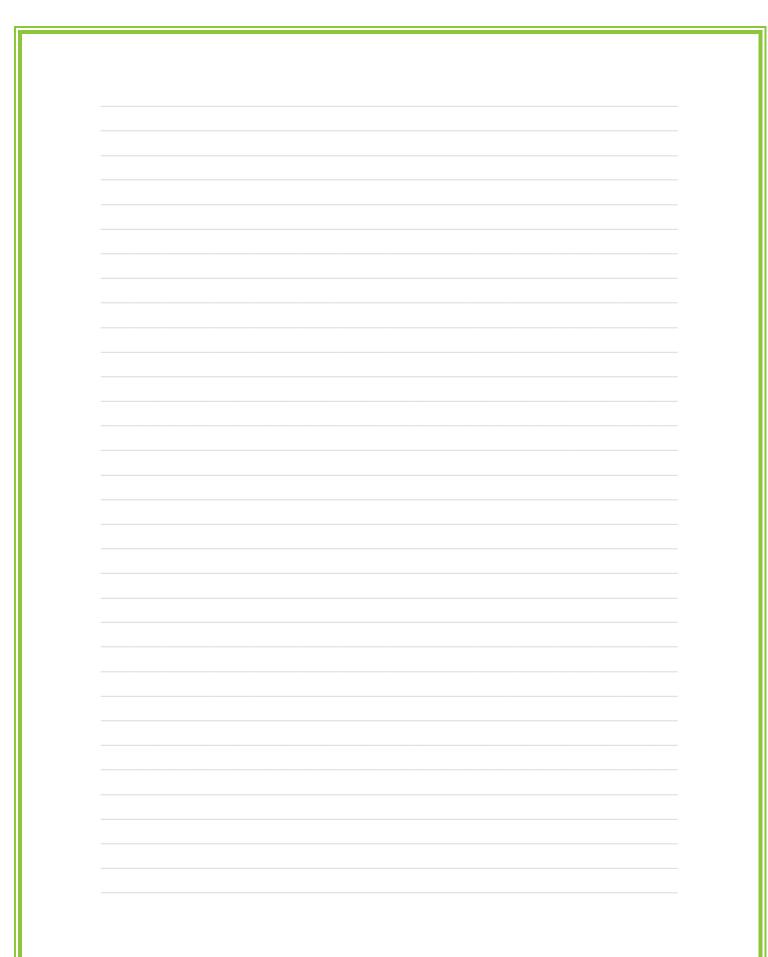
#### I have the choice to change myself

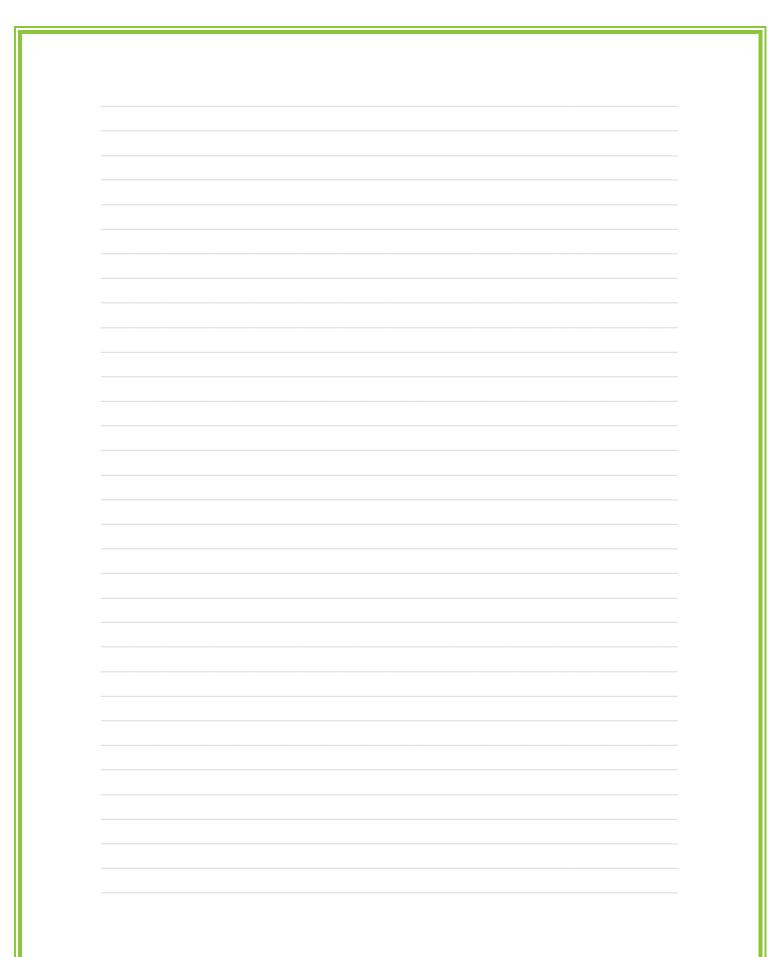






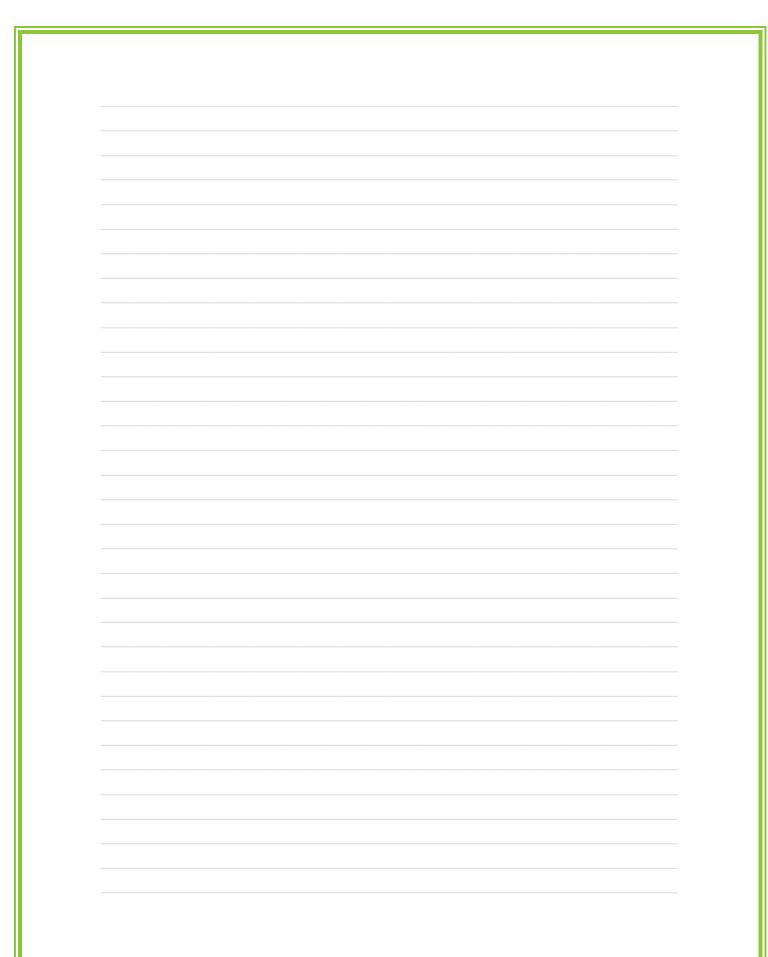
# I am worthy of love

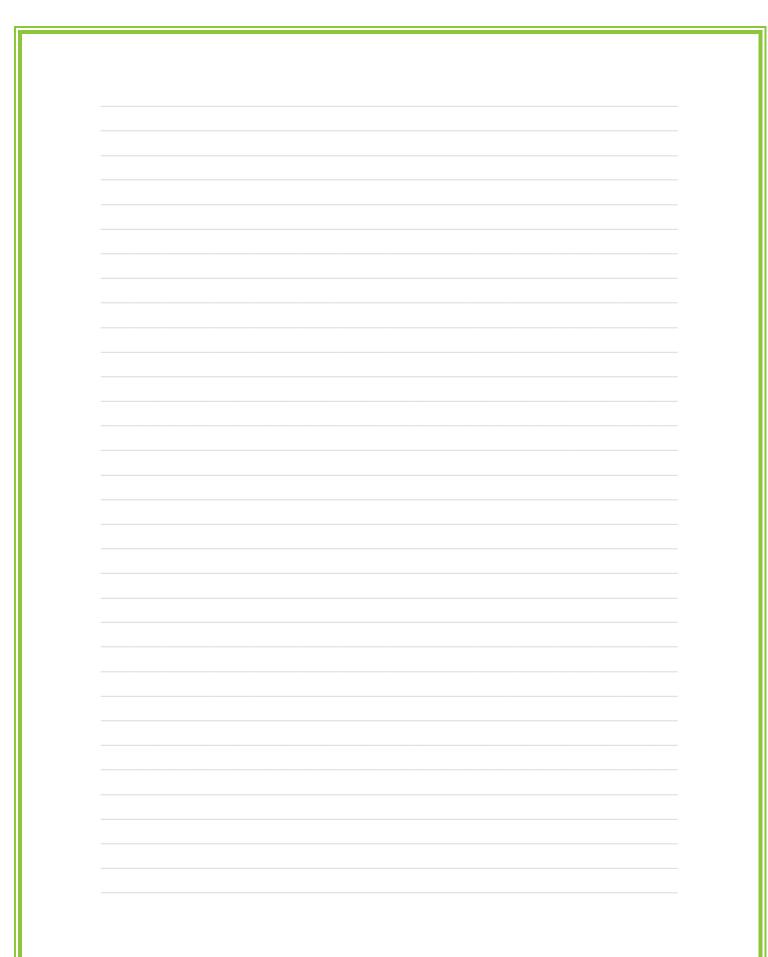




"People who love themselves come across as very loving, generous and kind; they express their self-confidence through humility, forgiveness and inclusiveness."

- Sanaya Roman





### I am a great person

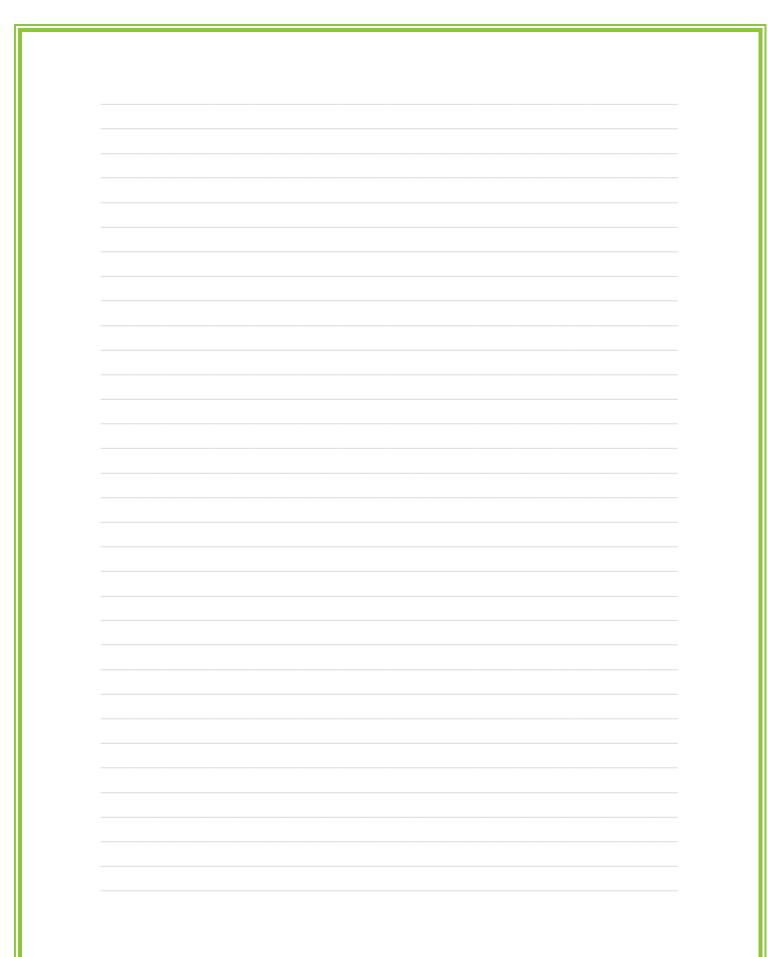






#### My opinions matter







#### "Personality begins where comparison leaves off. Be unique. Be memorable. Be confident. Be proud."

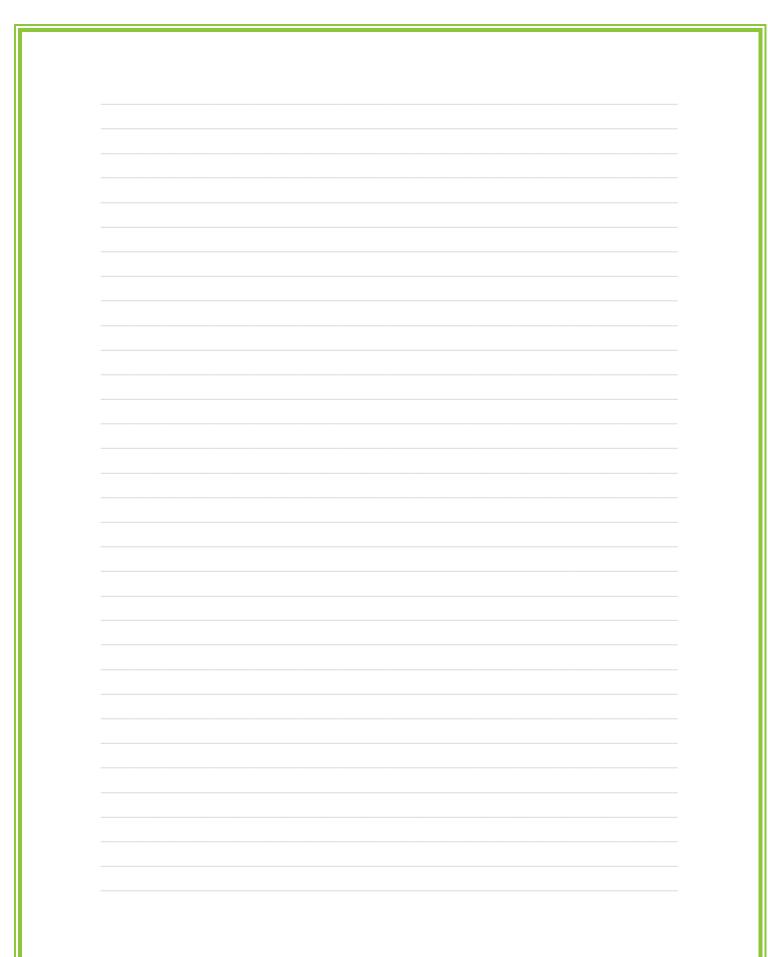
- Shannon L. Alder





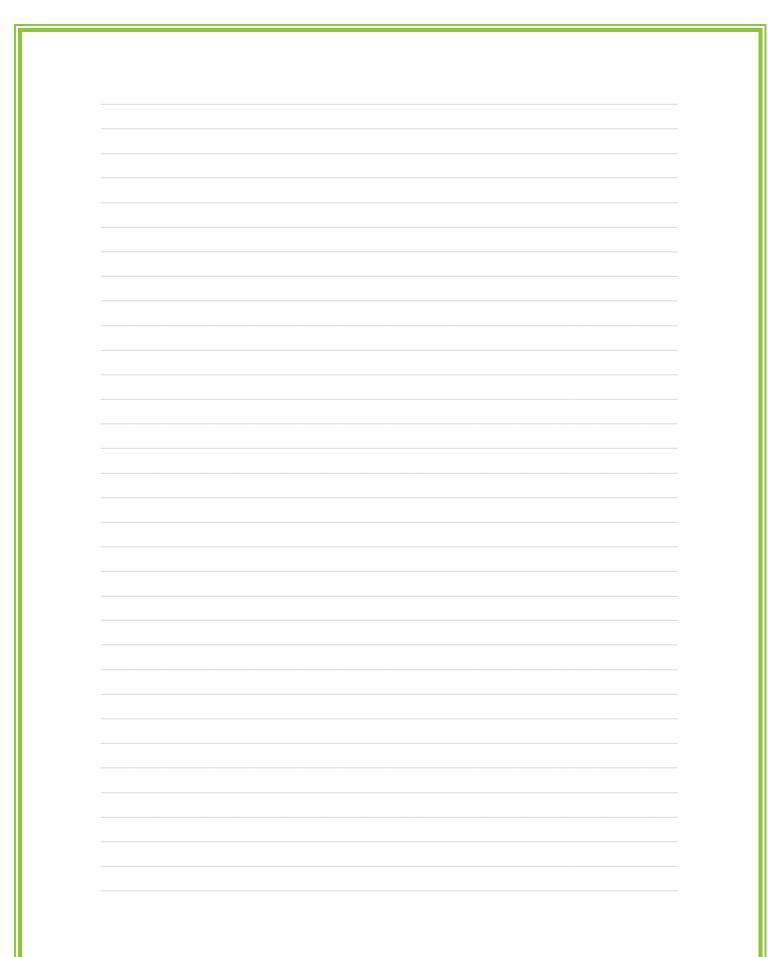
### The I respect myself





### I am a wonderful person







"Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy."

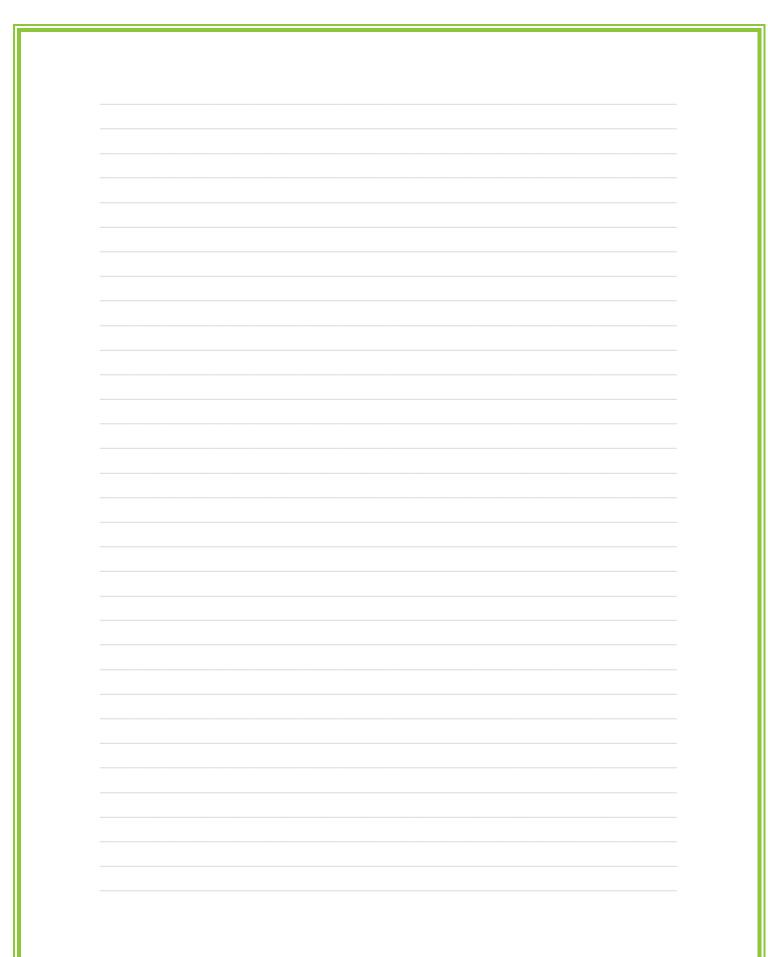
- Dale Carnegie

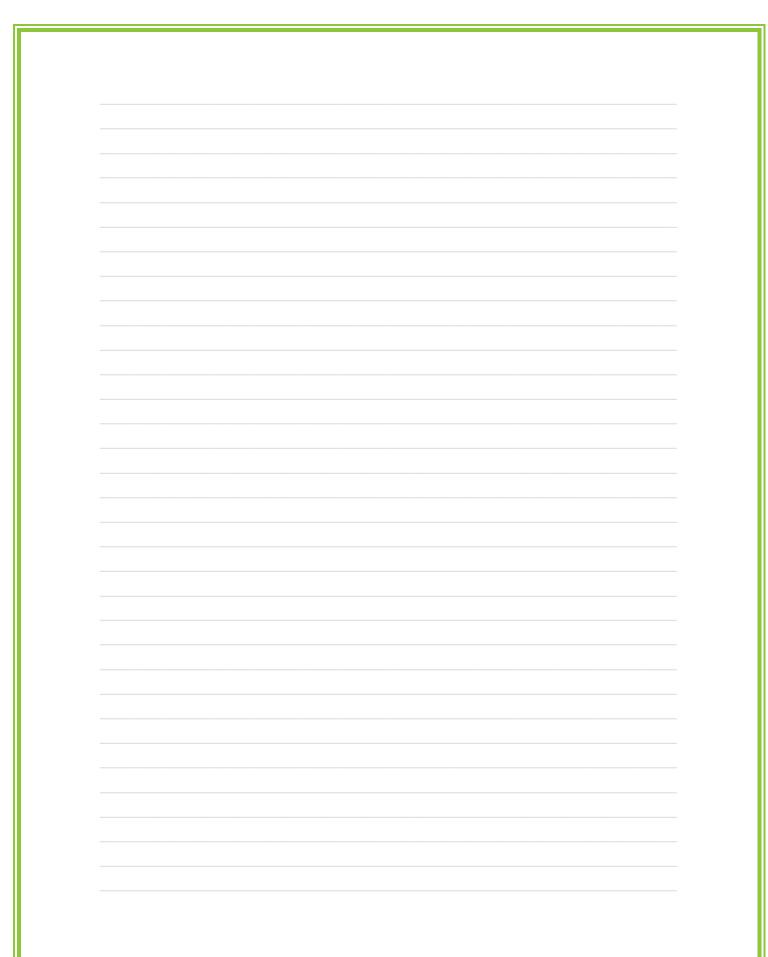




### I am a wonderful person







## I am confident in everything I do







"We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face... we must do that which we think we cannot."

- Eleanor Roosevelt





# I am a warm, engaging person



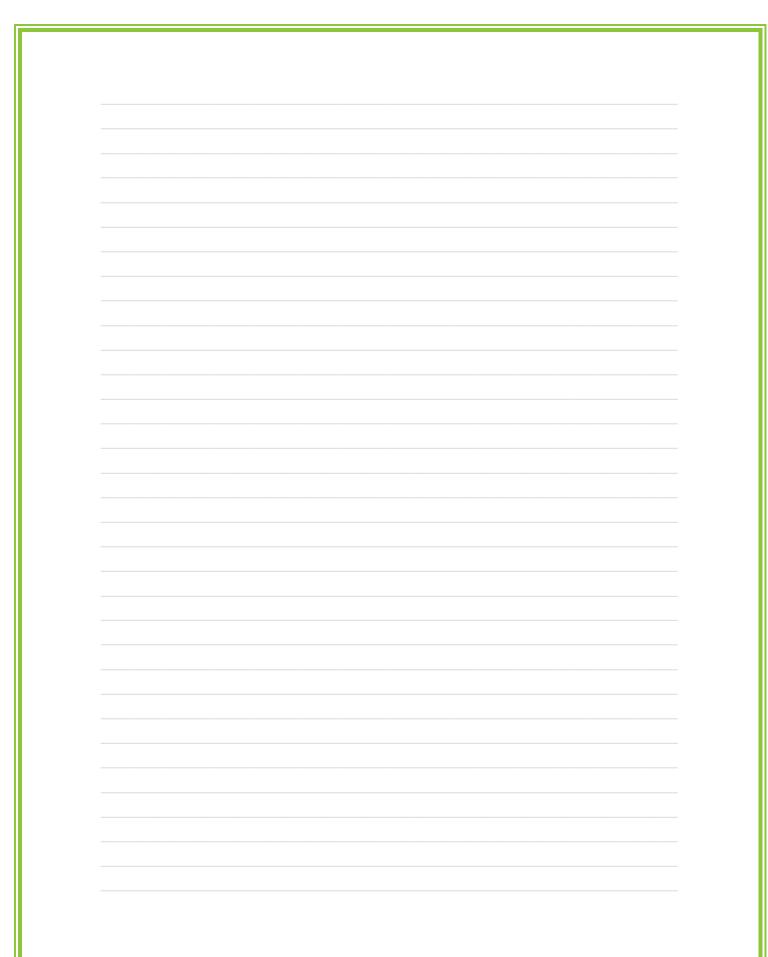




#### People are friendly







#### "It is confidence in our bodies, minds, and spirits that allows us to keep looking for new adventures."

- Oprah Winfrey





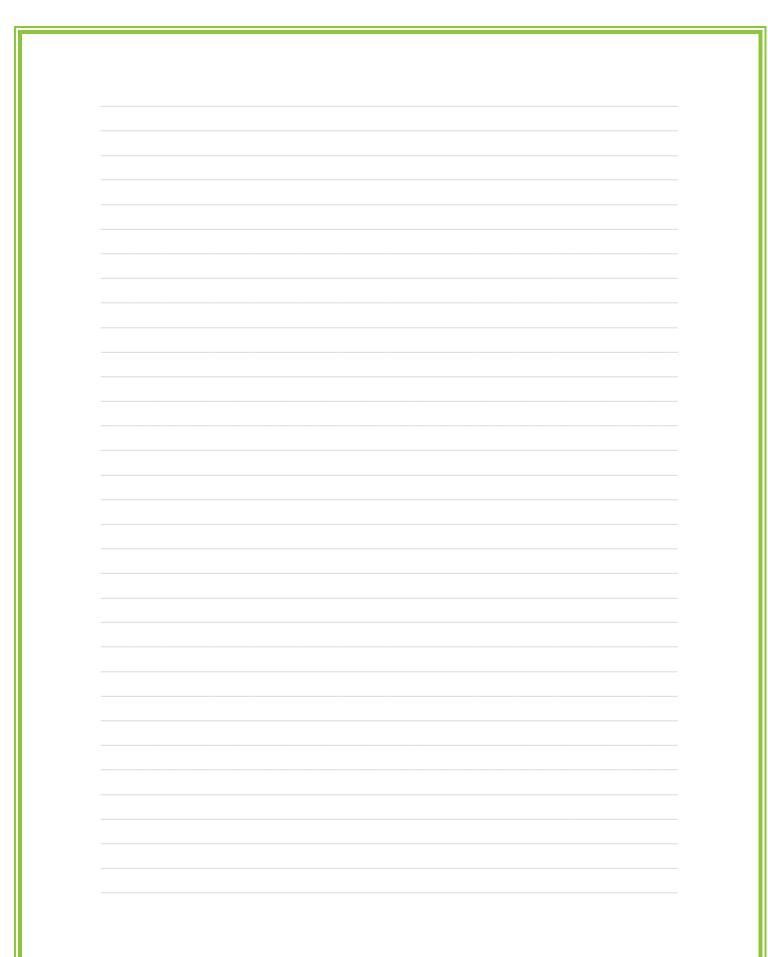
#### I have positive energy flowing out







#### I am confident in what I want to say

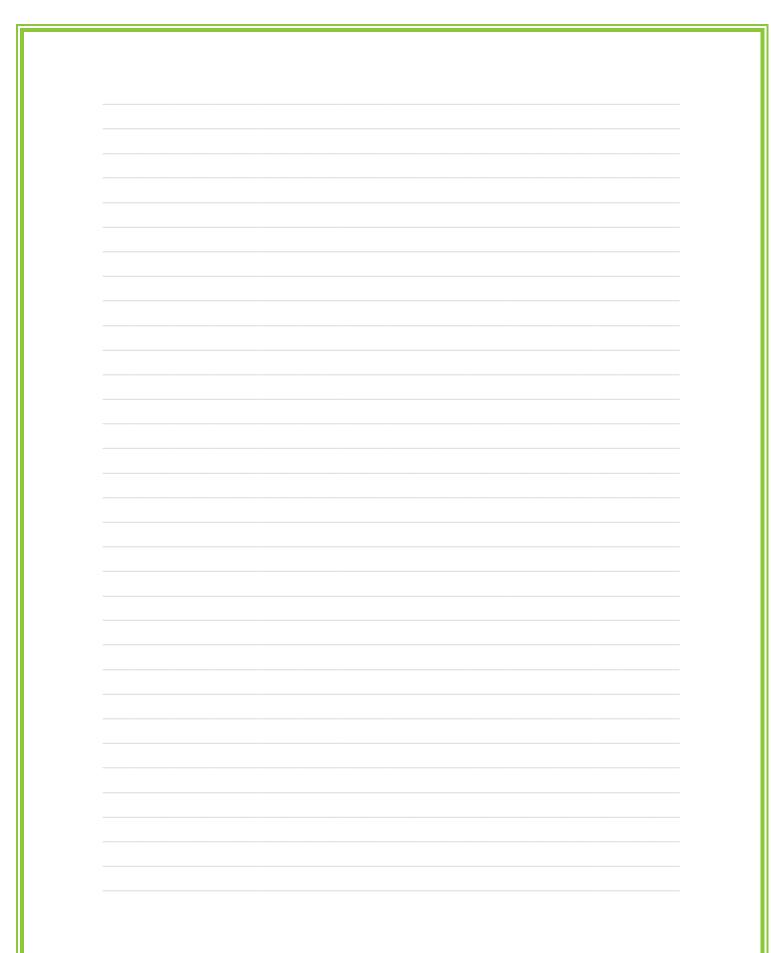




# "Confidence comes not from always being right, but from not fearing to be wrong."

- Peter McIntyre





# People see the value in what I have to say and respect me





#### I accept myself as I am





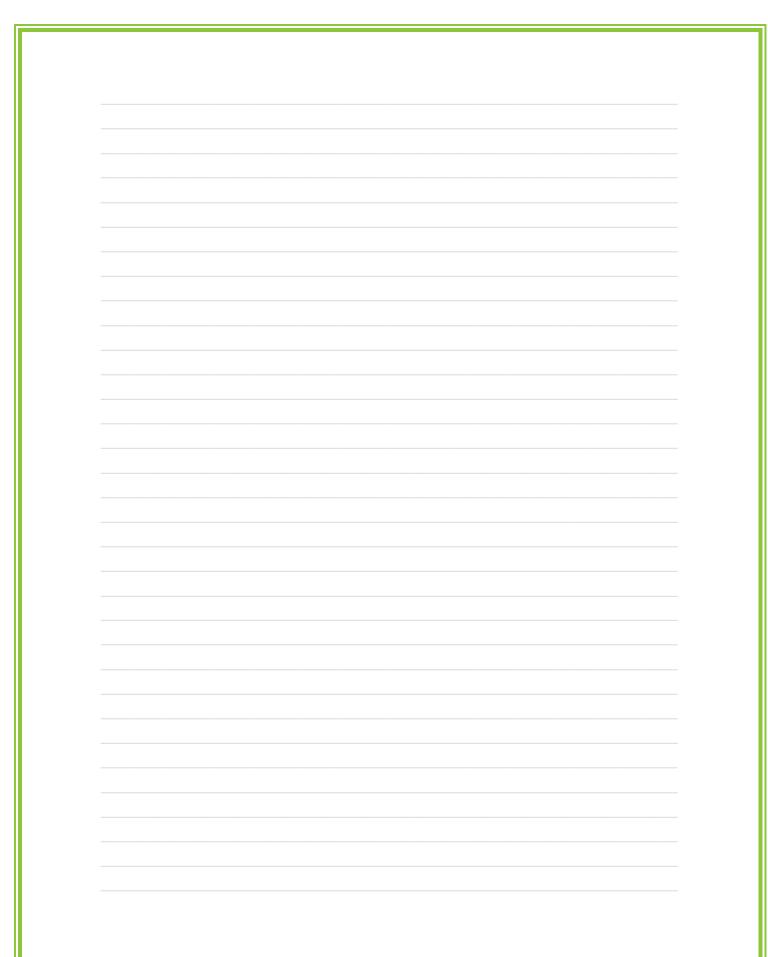
#### "Each time we face our fear, we gain strength, courage, and confidence in the doing."

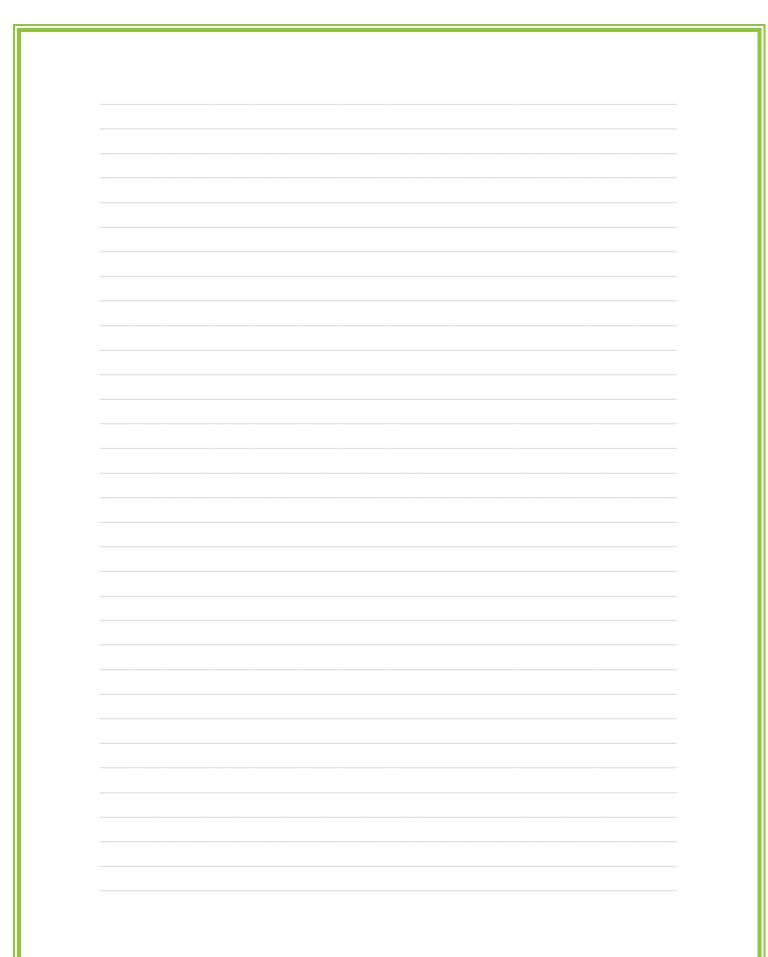
- Theodore Roosevelt





# I am unique in every way

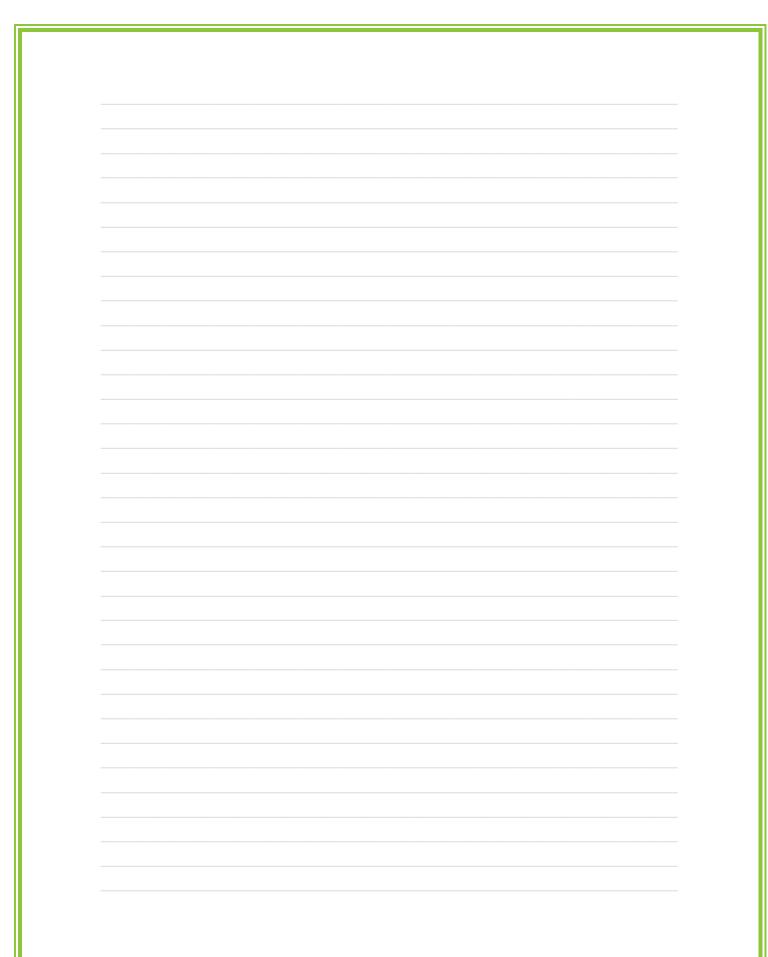




#### I deserve every good thing I desire







# "Trust yourself—you know more than you think you do."

- Benjamin Spock

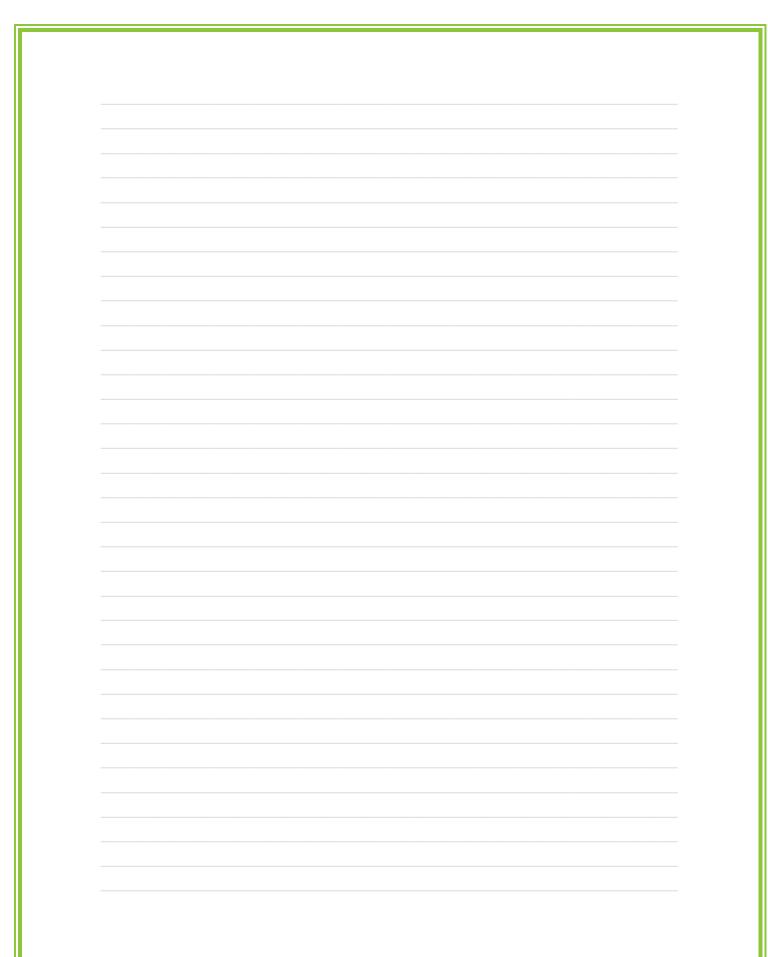
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#### I deserve to achieve everything I want

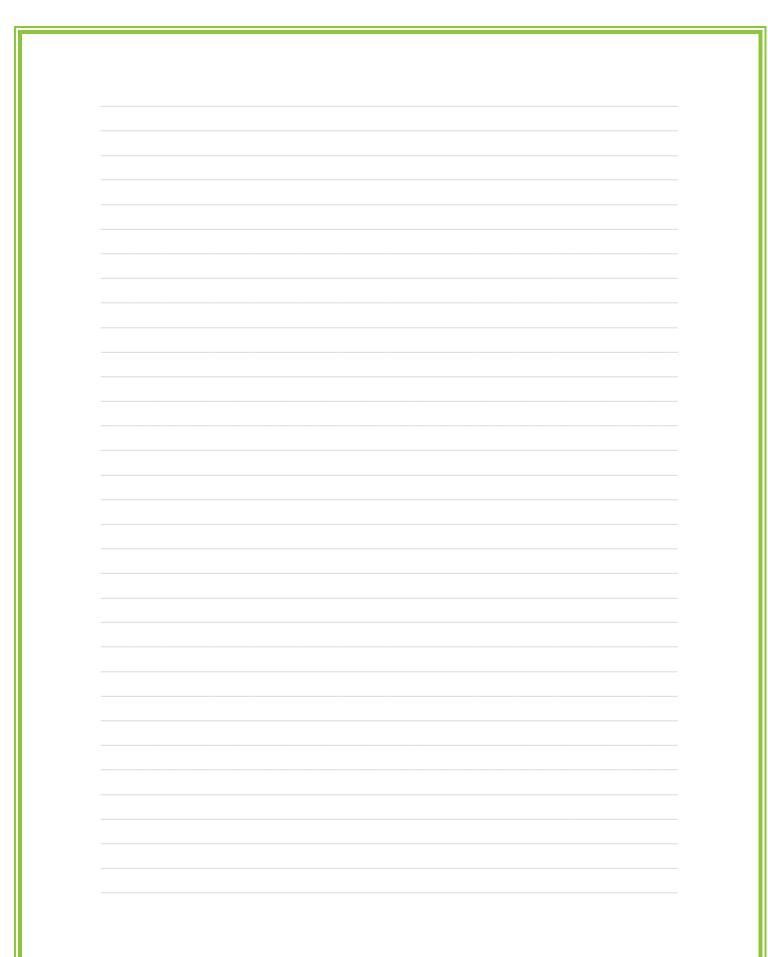






## I am confident in everything I do







# I am confident in who I am

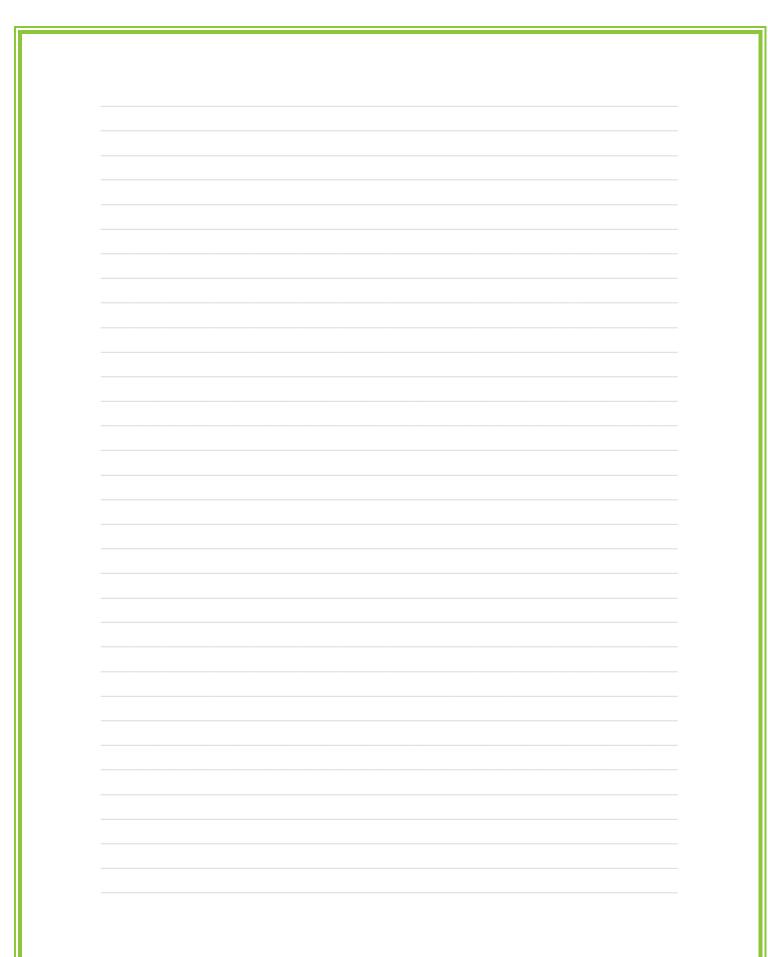


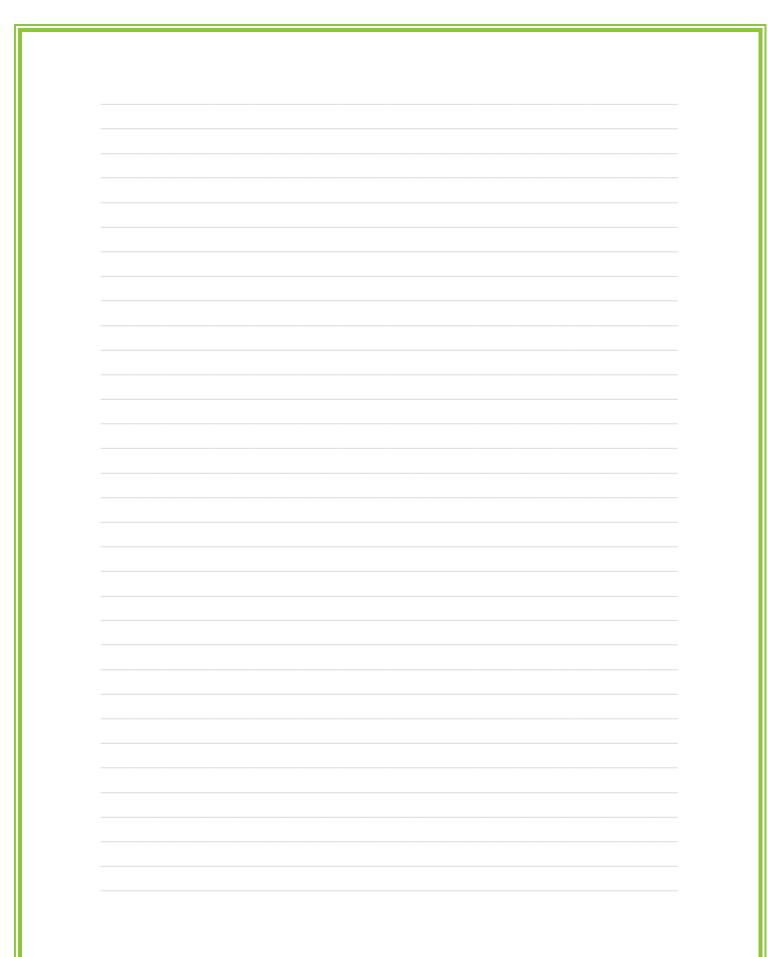


#### "Just believe in yourself. Even if you don't, pretend that you do and, at some point, you will"

- Venus Williams

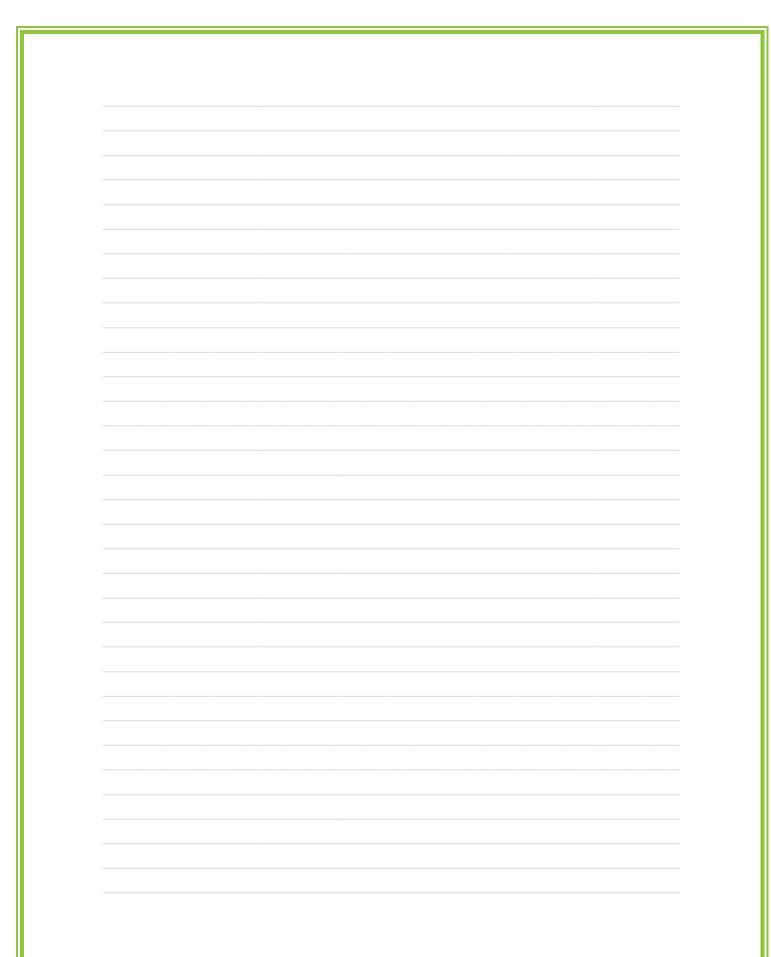
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#### I attract positive people around me

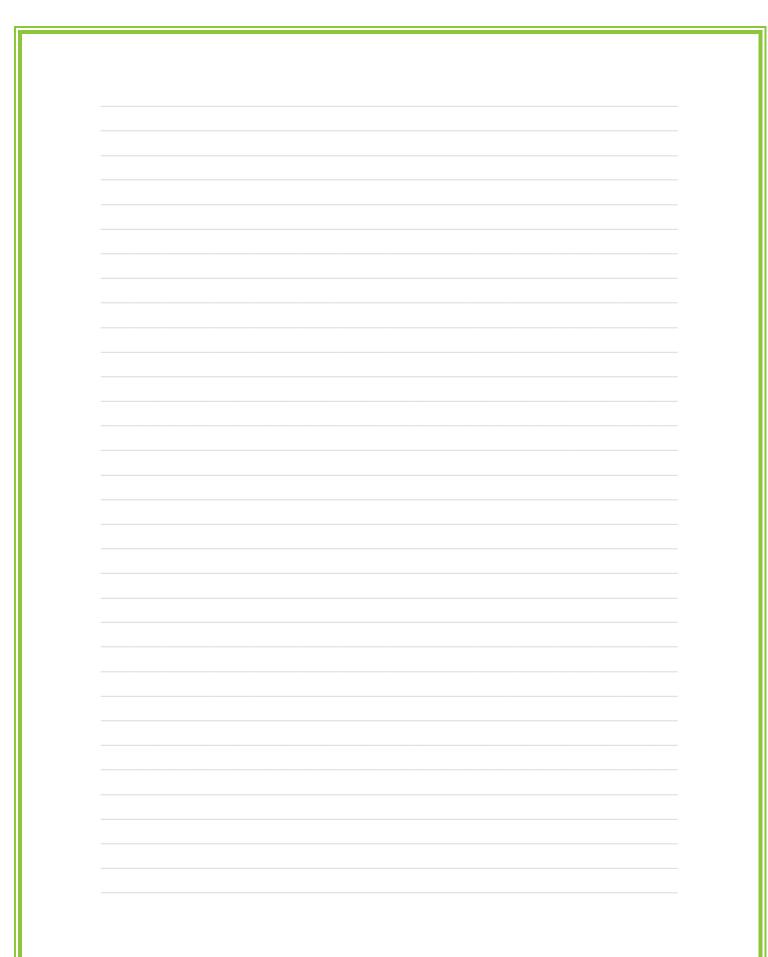


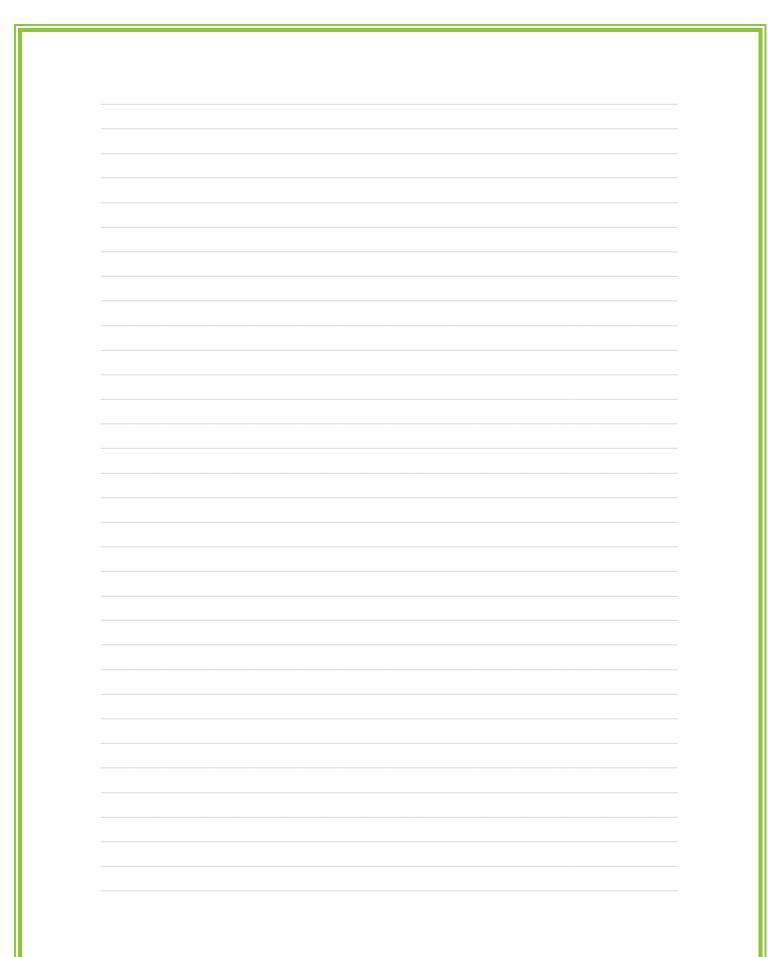




#### My self-belief is high. I can do anything.

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# I choose happiness no matter what my circumstances

#### **MORPH STATE**



