

Example Page of Positive Statements **(Feel Free to Use Any of Them)**

I honor my word
I am perfectly imperfect.
I am adventurous, fun and a loyal friend.

The Universe wants me to know that I use my gifts extraordinarily well and that I make a difference.

I am a great husband/wife/partner/son/daughter.

I've trained myself and put in my 10,000 hours to become a great doctor
I am ready to take on what's next.

Andy says that I'm the most enrolling person he knows.

I worked hard and made the national track and field team.

I can train my brain to think powerfully and positively.

I have enormous willpower

I'm genuine
I'm authentic
I'm open and giving... sharing and caring.

I'm determined
I'm smart
I'm generous

I give to my family

I love supporting others. Seeing their development.

Teresa thinks that I'm one of the most inspiring dads that she has worked with.

I am good enough, worthy enough, and lovable enough. And that I am exactly the right kind of person, in the right place, at the right time. Otherwise, I wouldn't have been instilled with such dreams in the first place.

I embody growth and development.

There's no such thing as failure, only feedback.

I'm already great and I'm committed to working to be a better person in all areas of my life.