



**I am living  
the best  
version of  
myself**



**I am the  
architect  
of my life**



**I am  
comfortable  
with change  
and growth**



**My ability to  
conquer my  
challenges is  
limitless**



**I choose  
to believe  
in myself**



**I choose to  
feel good  
about  
myself**



**I deserve  
all that is  
good**



**My  
needs  
are  
valid**

*yes!*

**I give  
myself  
permission  
to be happy**



**Well-being  
is a top  
priority for  
me**



**I'm  
trading  
my worry  
for faith**



**Happiness  
begins  
with me!**

Smaller Travel-Sized Set At 2.2" X 2.7"



**I am living  
the best  
version of  
myself**



**I am the  
architect  
of my life**



**I am  
comfortable  
with change  
and growth**



**My ability to  
conquer my  
challenges is  
limitless**



**I choose  
to believe  
in myself**



**I choose to  
feel good  
about  
myself**



**I deserve  
all that is  
good**



**I give  
myself  
permission  
to be happy**



**Well-being  
is a top  
priority for  
me**



**I'm  
trading  
my worry  
for faith**



**Happiness  
begins  
with me!**



**My  
needs  
are  
valid**