

Appendix Feeling cards



I am strong.



I am confident.



I am important.



I am brave.



I am awesome!



I am allowed to
feel proud of
myself.



I listen to my
heart.



I love myself.



Appendix Feeling cards



I believe
in myself.



I am safe
and secure.



I trust myself.



I accept myself.



I don't need to be
perfect.



I am worthy.



I deserve to be
happy.



I don't need
to be perfect
to be accepted.



Appendix Feeling cards



I accept my flaws.



I love and accept
all parts of
myself.



I forgive
myself for my
mistakes.



I think positive
thoughts about
myself.



I speak to
myself with
kindness.



It's okay to be
sad.



It's okay to be
angry.



It's okay to be
scared.



Appendix Feeling cards



I am allowed to
feel all of my
feelings.



I am kind.



I am grateful.



I am happy
with what
I have.



I am
compassionate.



I forgive
others for
their flaws.



I help others.



I include others.



Appendix Feeling cards



I consider
other people's
feelings.



I am generous.



I love my body.



My body is
perfect the
way it is.



I don't
compare
myself to
others.



I am grateful
to my body.



My body is
strong and
healthy.



I respect my body.



Appendix Feeling cards



I am beautiful.



I love my family.



I accept my family.



I am an important
part of my family.



I can fight
with my family
and still be loved.



I can make
mistakes and
still be loved.



I am loved.



I belong.



Appendix Feeling cards



I am a good friend.



I am trustworthy.



I can be myself in
my friendships.



I am allowed
to be different
than my
friends.



I am allowed
to have all
kinds of
friends.



I deserve to
be accepted
for my
true self.



I deserve to be
treated with
kindness.



I don't need to fit
in to belong.



Appendix Feeling cards



I reach my goals.



I can make mistakes and still reach my goals.



I accept help from others to achieve my goals.



I am always learning.



I work hard.



I am determined.



I believe in my abilities.



I enjoy being challenged.



Appendix Feeling cards



I am calm.



I am peaceful.



I am relaxed.



I am present.



My mind is
free from
worry.



I let go of my
worries.



I calm my
mind with
my breath.



My whole body
is relaxed.



Appendix Feeling cards



My mind, body
and heart
are calm.



I stand up for
myself.



I stand up for
others.



My voice matters.



My opinions
matter.



My words have
power.



I speak with
kindness.



I speak with
respect.



Appendix Feeling cards



I respect others even when I don't agree with them.



I have the courage to share my true feelings and opinions.



I am responsible for the words I speak.



I listen when others share their feelings and opinions.



I can overcome my challenges.



I peacefully resolve conflicts.



I find solutions to my problems.



I deal with anger in healthy ways.



Appendix Feeling cards



I ask for help
when I need it.



I don't need to
go through my
challenges alone.



I am supported
in overcoming
obstacles.



I learn from my
mistakes.



I can handle any
changes that
come
my way.



I believe in my
dreams.



I can reach my
dreams.



I am creative.



Appendix Feeling cards



I am
imaginative.



I go with the flow.



I have good ideas.



I am open to
new ideas.



Anything is
possible.



My wildest
dreams can
come true.



We are all
connected.



We are more similar
than different.



Appendix Feeling cards



We all have
something
unique to
contribute.



We work together
to solve problems.



We create peace.



We can change
the world!

