

I love myself, **respect** myself
and accept myself exactly as I am.

I deserve to be **happy** and loved. I
have something special to offer the
world. Be with those who bring out the

best in you, not the stress
in you.

**Anxiety is conta-
gious....**

May my **heart be kind**
my mind fierce and my spirit brave. I can
make a **comfortable** living doing
what I love. **Success** constantly finds
me.