



My life has meaning.

**I understand and
celebrate the
beauty of life.**

I recognize that life has meaning. It is something to be celebrated.

I consider all of my successes and write them down. I go to my favorite coffee shop and watch the world go by. I taste the coffee on my lips and enjoy its many unique flavors.

I celebrate my freedom of choice, realizing I can think, do, and create whatever I want.

The world is mine to create.

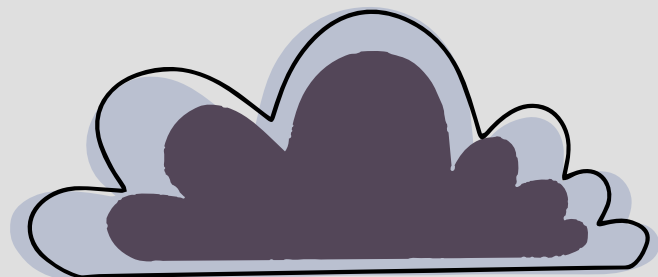
I have many opportunities in front of me, and I am the master of my


destiny. I appreciate that great change only happens if I allow it to.

I chase my goals and challenge myself, pushing myself to become the best version of myself.

I realize that my words are powerful, important, and interesting. My words offer comfort and support and can change the world.

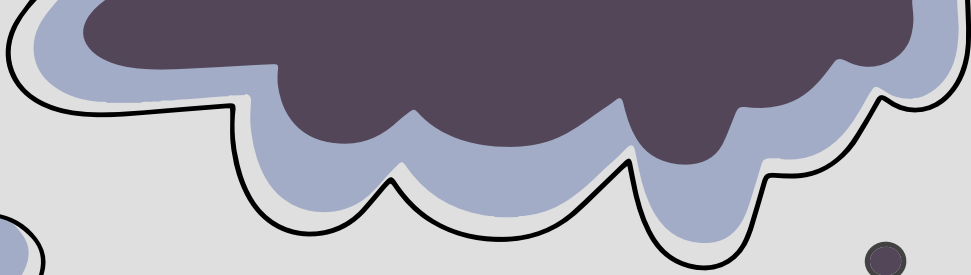
I know I am a force for change if I find my inner strength and confidence. I know that I can make a difference.





I look at my journey so far, and I consider the path I am on. I make a list of everything I am thankful for now and celebrate myself and those around me.

I know my worth and recognize that I deserve inner and outer happiness.



I create a circle of love and positivity where everyone around me can share their thoughts, feelings, and ideas.

We are a community built on strength and love.

Today, I realize that my life has meaning and purpose.

Self-Reflection Questions:

1. Am I trying to become the best version of myself?
2. Am I aware of my successes?
3. Do I know what my goals are and how I intend to achieve them?