

---

*Dear Me,*

*You are awesome, strong, marvelous,  
smart, and unique. I just thought I  
would remind you.*

*Love, Me*

---

*I am stronger than my thoughts!*

---

*I can do all things through Christ/the Universe/my  
Guardian Angels who strengthen me.*

---

*When I speak about myself, whether in my mind or  
out loud, I now use these words to empower me!*

I can

Food is a Fuel, not a friend!

I will

When I set my mind to change, my body obeys

I deserve

Do or do not, there is no try! (Yoda)

I desire

I create my own happiness!

I am important!

I am now living with a purpose and that purpose is  
me!

I am worth it!

I believe in me!

I have faith in my abilities and I will succeed!

---