

Focus on the process not the result.

I WILL TRY MY BEST EVERY DAY.

I choose to be happy and to love my self today.

I will not worry about things I cannot control.

I believe in myself.

I have the power to create change.

I am proud of myself and all that I have accomplished.

I am worthy of what I desire

**I WILL NOT COMPARE MYSELF TO
STRANGERS ON THE INTERNET**

I have the power to create change.