

SAY THIS DAILY

Tell yourself and other people these truths:

1. I love you.
2. I appreciate you.
3. You matter.
4. I miss you.
5. I trust you.
6. I forgive you.
7. You inspire me.
8. I believe in you.
9. I support you.
10. You are doing great.
11. I am proud of you.
12. How can I do better?
13. I will do better.
14. Thank you!

Remarkable people often use uplifting and kind words.