

**Today I am thankful
for _____.
Thank you.**

**I trust that I am
safe and secure.**

**I release fear and anxiety.
I allow myself to be held
and healed.**

**I allow love
and compassion.**

**Letting go is best for them
and for me.**

**I deserve to love
and to be loved.**

I love myself for who I am.

**My children will benefit
from my healthy changes.**

**There are beautiful things
happening in my life daily.**

**There are opportunities
in life to be tried.**

**I can handle all changes
that come my way.**

**I have the ability
to handle this.**