



These are some important messages author Julie Woik, says to herself every day:

- I am smart.
- I am nice.
- I am respectful.
- I try my best.
- I am confident.
- I am a good person.
- I think positively.
- I am funny.
- I am caring.
- I care about me.
- I am human.
- I can start again.
- I am friendly.
- I make mistakes.
- I admit mistakes.
- I forgive myself.
- I forgive others.
- I am trustworthy.
- I work hard.
- I am thoughtful.
- I can learn.
- I can teach.
- I am powerful.
- I am inspiring.