

I am in control of my breath  
I will practice self-kindness  
There are no problems, only challenges  
Bad days are challenging my growth  
I am calm, peaceful and focused  
I can handle anything that comes my way  
My life is at peace in this very moment  
It's ok to take time for myself  
I am free of unwanted stress  
I feel inner peace throughout my body  
As I calm down, my anxiety flows out  
I am calm, peaceful and centered  
I am forgiving  
I can get through anything  
I think positively even in difficult or stressful situations  
I am going to free myself  
I choose peace  
I am peaceful and centered  
I can relax my mind and my body  
I choose to be calm in any situation  
My body is calm  
Tomorrow is a brand new day  
I am forgiving  
I am grateful  
I am enough  
I deserve to be happy  
I will push through challenges  
I deserve to have an amazing life  
I am strong and resilient, I can handle every situation  
I am worthy of a life that feels good to live  
I am strong and creative. I will figure it out.  
I will forgive myself for all I have done.  
I learn from setbacks and use them as growth opportunities  
I am growing through the tribulations  
Today is a new day  
I seek happiness more within my mind, and less through material pleasures  
I deserve peace to ensure mental well-being  
Being calm is part of my nature  
Every situation gives me an opportunity to learn and grow  
I am in charge of my life  
I am trusting the journey  
I know this situation is hard, but I am determined.  
I can overcome my fears.  
I am free from my past  
I am letting go of all pressure and stress.  
I focus on what is truly essential.  
I am taking control of my own mind