

I will not become
who hurt me.

I will not let
what hurt me
haunt me.

I will set—
and maintain—
healthy boundaries.

I will rest,
not quit.

I will value myself
by taking care of myself.

I will be kind
to myself and others.

I will experience
my emotions
without judgment.

I will let go of
what I cannot control.

I will focus on my future,
not my past.

I will be positive
and grateful.