

POST*it* POSITIVE

**I am confident
in myself**



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**I love the
person I am
becoming**



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**You can
overcome any
challenge**



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**I am powerful, confident
and capable of reaching
my dreams**



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**I am happy with my
accomplishments**



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**I am my best
source of
motivation**



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**My feelings and
needs are valid**



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**You deserve love
and compassion
from others**



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**I am choosing
to have an
amazing day**



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**Choose
resilience over
giving up**



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You are unique



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**Don't compare yourself
to others.
There is only one YOU.**



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**It is worth your
effort**



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**Don't worry, next
time you will do
better**



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**You are a great
person!**



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**Thank you for
being YOU!**



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**Value yourself
more every day!**



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You are loved!



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**You are important
to me**



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**Every day you
learn something
new**



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**You have my
support**



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**Be patient and
don't lose your
focus**



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Keep SMILING!



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**Thank you for your
effort**



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