



HAPPY



- You deserve to be Happy.
- Today, I choose Happiness over Worry.
- I am in Control of my Happiness.
- Today, I am overflowing with Positive Vibes and Happy Energy.
- Do what Makes you Happy.



SAD



- I am enough.
- This too shall pass.
- I choose peace.
- I am loved.
- I am resilient.



ANGER



- I choose to respond with calm and clarity, not with anger.
- I am in control of my emotions, and I release this anger with every breath.
- This feeling is valid, but it does not define me.
- I replace my anger with understanding and compassion.
- I am peaceful, patient, and cantered.

CONFUSED



- I trust myself to make the best decision with the information I have.
- It's okay to not have all the answers right now.
- Clarity will come to me when the time is right.
- I release the need to control everything and focus on what I can do.
- I am capable of finding my way, step by step.

UNCERTAIN



- It's okay to not have all the answers about how I feel right now.
- I allow myself the space to explore my emotions without pressure.
- I am present in this moment, and that is enough.
- My feelings are valid, even if I don't fully understand them.
- I trust myself to uncover clarity in my own time.