

For You and Your kids Repeat at least 5 every morning Have one as your go-to during the day

🔥 I am strong.
🔥 I am brave.
🔥 I am talented.
🔥 I am kind.
🔥 I LOVE who I am.
🔥 I am special.
🔥 I am courageous.
🔥 I can accomplish anything I want.
🔥 I can do it.
🔥 I am able.
🔥 I am God's creation.
♂ I rock.
1 am capable of anything.

🔥 I got this.

d I am enough.

🔥 I can do hard things.