

POSITIVE PAPER CHAINS

I AM COURAGEOUS

GLUE OR STICK

I AM ME, I AM OKAY

GLUE OR STICK

I AM WORTHY OF LOVE

GLUE OR STICK

I AM ENOUGH

GLUE OR STICK

ALL THINGS PASS

GLUE OR STICK

GOOD THINGS HAPPEN TO ME

GLUE OR STICK

EVERY DAY I CAN LEARN

GLUE OR STICK

MY VOICE MATTERS

GLUE OR STICK

I CAN DO HARD THINGS

GLUE OR STICK

THE WORLD NEEDS WHAT I HAVE GOT

GLUE OR STICK

I AM PRECIOUS

GLUE OR STICK

I AM RIGHT WHERE I SHOULD BE

GLUE OR STICK

I AM HERE

GLUE OR STICK

IT'S OK FOR ME TO FEEL GOOD

GLUE OR STICK

I AM LOVED

GLUE OR STICK

I CAN SAY NO WHEN I WANT TO

GLUE OR STICK

I AM BRAVE

GLUE OR STICK

I AM NOT MY TRAUMA

GLUE OR STICK

I CAN LET GO OF OTHERS' EXPECTATIONS

GLUE OR STICK

I CAN BE MY TRUE UNIQUE SELF

GLUE OR STICK



I AM LOVE

GLUE OR STICK



I DO NOT HAVE TO BE AFRAID

GLUE OR STICK



I CAN TAKE ONE STEP AT A TIME

GLUE OR STICK



IT IS OK FOR ME TO FEEL ANGRY

GLUE OR STICK



I AM RESOURCEFUL

GLUE OR STICK



I MAKE A DIFFERENCE

GLUE OR STICK



I AM IMPORTANT

GLUE OR STICK



I HAVE GOT THIS

GLUE OR STICK



IT IS OK FOR ME TO BE HAPPY

GLUE OR STICK



I AM OPEN AND READY TO ACCEPT GREAT THINGS

GLUE OR STICK

I AM AMAZING

GLUE OR STICK

I AM WORTHY OF PEACE

GLUE OR STICK

EVERYTHING I NEED IS ALREADY WITHIN ME

GLUE OR STICK

I AM DOING THE BEST I CAN WITH WHAT
I HAVE – AND ALWAYS HAVE DONE

GLUE OR STICK

I TRUST MY INNER WISDOM

GLUE OR STICK

I CAN BE KIND TO MYSELF

GLUE OR STICK

I AM UNIQUE

GLUE OR STICK

IT IS OK FOR ME TO FEEL SAD

GLUE OR STICK

I AM SAFE

GLUE OR STICK

IT IS OK FOR ME TO ASK FOR HELP WHEN I NEED IT

GLUE OR STICK



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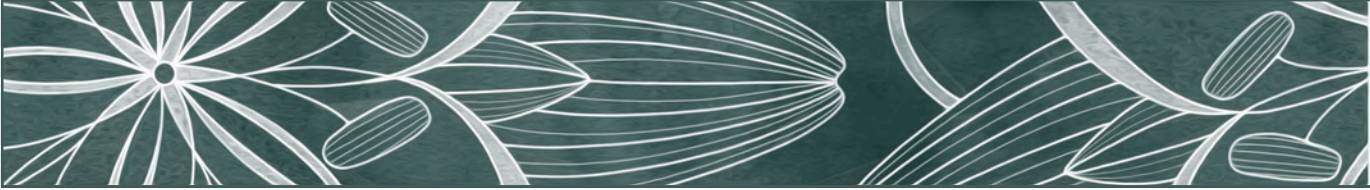
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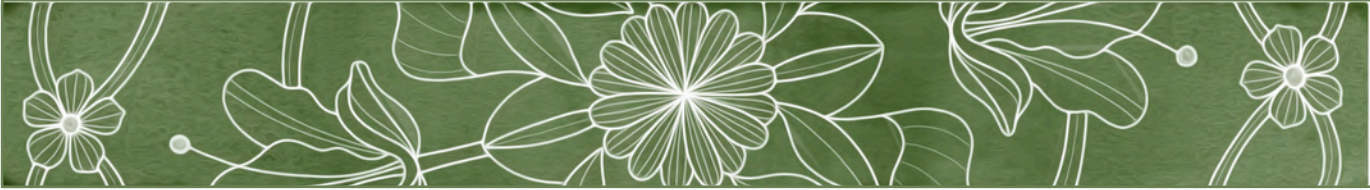
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