

Self Kindness Pledge

I am: _____ (Name)

I am confident in my abilities.

I am a good person and loyal friend.

I am valuable and worthy of love.

I am capable of achieving my goals.

I can choose to work hard.

I believe in myself.

I am kind and want to care for other people.

I am motivated to make a positive impact.

I am able to overcome challenges.

I am able to make good decisions.

I am destined for success and happiness.

I am proud of myself.

I love myself.

Three things I love about myself are:

We are all worthy of love and kindness!