

Print these Happy Truths to remind yourself of your new thinking patterns.

I CAN CHANGE MY
LIFE BY MAKING
BETTER CHOICES
EVERY DAY.

MY LIFE IS FULL OF
THINGS FOR WHICH
I CAN BE GRATEFUL.

I CAN CHOOSE LOVE,
ACCEPTANCE
AND FORGIVENESS.

I AM BUILDING MY
FUTURE DAY BY DAY.

I CAN BE AT PEACE WITH
WHERE I AM, BUT I DON'T
HAVE TO STAY HERE.

FINDING JOY IS A
JOURNEY I TAKE
STEP BY STEP.