

My worth is not  
dependent on my  
productivity.



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I choose to slow  
down my breath  
and work towards  
calmness.



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I am worthy of love  
and respect.



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I will treat my time as  
valuable because I  
value myself.



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Thoughts are just  
thoughts.  
Emotions are just  
emotions.  
I decide what the action  
will be.



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I can take 5  
deep breaths. I  
have time for  
me.



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I am letting go of  
what is out of my  
control.



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Pick out 5 things in  
the environment  
that are \_\_\_\_\_ (color,  
texture, pattern, etc.).



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What do I need right now?  
What will I need today?  
What will I need this  
week?



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Deep Breath in 1... 2...  
3... 4 ... 5...  
Deep Breath out 1...  
2... 3... 4... 5...



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I can slow  
down for 5  
breaths.



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I do not control  
others.  
I can choose how I  
respond.



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I can start this task.  
Putting this task off is  
not in my best  
interest.



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I don't have to be  
perfect.  
I do want to take an  
action towards  
\_\_\_\_\_ goal.



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I can refocus on  
what is important  
to me.



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