Today I will be bright like a star”

Repeat this and feel confident.

Today I will be determined like a rocket”

Repeat this to stay focused.

Today I will be strong like a stone”

Place your feet firmly on the ground, shoulder width apart and stand with a strong pose. Repeat this.

“Today I will be calm like a lake.”

Repeat this throughout the day to stay calm.

“Today I will float like a cloud.”

Keep your breathing light and gentle. Imagine the world is very small as you float serenely around.

“Today I will breathe like the tide.”

Keep your breathing slow and steady, rising and falling like crashing waves.

“Today I will

“Today I will

“Today I will

“Today I will be content like a cat”

Repeat this and feel relaxed. Notice how many good things you have in your life today.

“Today I will be gentle like a butterfly”

Repeat this and try to think about how others feel. Be kind!

“Today I will be confident like a giant”

Repeat this and feel confident. Be positive no matter what is going on.