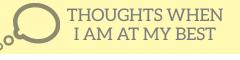




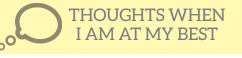
Life is good



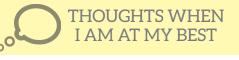
It's all worth it



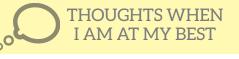
I'm OK



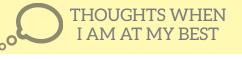
All will be well



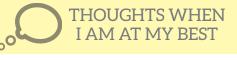
This makes sense



I can cope



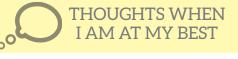
I can get through this



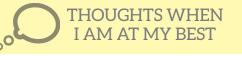
Everything's going to be alright



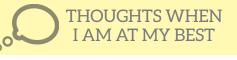
My mind is clear



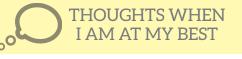
This is getting to turn out well



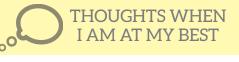
I can do this



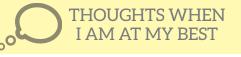
People like me



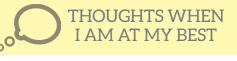
I like my life



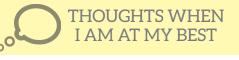
All the promises are true



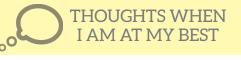
I have strength



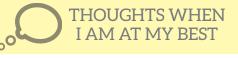
I'm able to discern good from bad



I have personal strengths



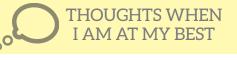
I've got a lust for life



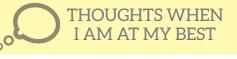
Whatever happens, it'll be OK



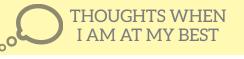
I like me



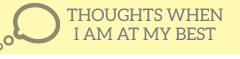
I have trust



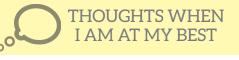
I have faith



I am loved



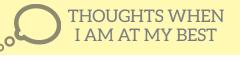
I am forgiven



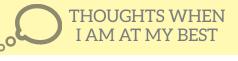
I've got support



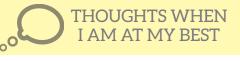
I have a future



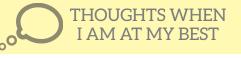
God is good



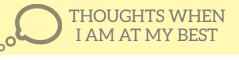
Not being distracted by voices



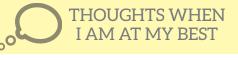
Being able to concentrate well



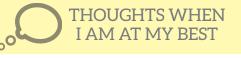
Being able to remember things



My thoughts are organised



Everything I do is worth it



This too will pass



Accepting what i can't change



Cooking a good meal



Being more social



Being active



Completing tasks



Smiling



Eating healthily



Enjoying watching TV, Movies



Listening to music



Being more talkative



Being more able to listen to other people



Having a grip on what's going on around me



Understanding what's happening



Reading & Learning



Being able to focus on what I choose to focus on



Taking an interest in things



Being more articulate in describing things



Being positive towards others



Exercising



Spending time with my family



Being able to concentrate on tasks/choices



Enjoying doing my hobby



Having motivation to do my cleaning



Sleeping well



Being more organised



Being more friendly towards others



Keeping a good appearance

(clean clothes, keeping myself clean)



Doing my shopping



Being creative



Being able to keep up friendships



Doing romantic things



Drinking healthily



Cleaning the house



Being able to cry when
I feel sad and laugh when
I feel happy



Being able to say im sorry



Being able to say thank you



Being able to forgive others



Being able to forgive myself



Doing my job



Earning money



Energetic



Relaxed



Calm



Refreshed



Sense of wellbeing



No pain



No tension



Free



Natural



Energised



Safe from harm





Not hungry



Not thirsty



Sensual



Well rested



Vibrant



Well



Centred



Not frowning



Clear mind



Good appetite



Caring



Attractive



Hopeful



Empowered



Supported



Purposeful



Victorious



Enthusiastic



Motivated



Happy



Joyful



Excited



Peaceful



Kind



Valued



Gentle



Energetic



Grateful



Pleased



Satisfied



Calm



Centred



Loving



Content



Optimistic



Thrilled



Stoked



Cool



Merry



Humorous



Sweet



In control



Nice



Pleasant



Radiant



Enlightened



Patient



Spiritual



At one



Proud



Playful



Surprised



Relieved



Friendly