**1**

**I am unique and special.**

**I am loved and respected.**

**I learn from my mistakes.**

**I can share my emotions with trusted friends and adults.**

**I have the power to control my thoughts and emotions.**

**I determine my happiness.**

**I can see and understand the way others feel.**

**I am a good friend.**

**I can help others.**

**I can forgive and move on.**

**I am a positive influence on those around me.**

**I have the Power of One in me.**