

I AM

S L L E U S B B M L J G L U F S S E C C U S G M
T I S F E Z U S C O A G O O D P E R S O N T R T
M N N Q K R C E E S R P X M C U A S E Q K Z E F
L F T C W U A F Y L G E L C X H E A L I N G S M
H L A U O E N P D W F N T H Q S S R S V I Q P G
B W T S O N K I O A Q A O H Q X D E U L A V O A
U A P Q I D T X Q W Y B W R A K M F E W S S N C
G L E J F G N R D U E B X A T N E L D K B W S C
R O A O E P N A O O E R D V R S M X E X X U I E
A V C A H R X I E L I I F E T E Y Y E K K N B P
T E E M E X H D F D O N N U D G R F B F I Z L T
E D W C A A I E A I I F G D L N N V A O N R E I
F N I I L P T S M C C S M M E S U I L D D A J N
U O T M T J Q S Y G O A N Y Y P Q O R F U Y Q G
L M H P H T K E Z H U N N I O B E O R A T K H O
T A M O Y Y E L C X K R F T L W E N P G C Y K F
O T Y R A Y P B Z I D C C I I U N S D C W K K M
B T P T N G F E A R L E S S D T F A T E C V T Y
E E A A D N Z S R I W X B L C E H I C U N K N F
A R S N F U N D E R S T A N D I N G T T R T O L
L W T T I L A I C E P S A X Q I J T Q U I L S A
I H V W T X Y H M V Z G L I Y H Z V W L A O H W
V A I Y A F I G H T E R W M H M D W N F U E N S
E T C J Y S H G U O N E N A H T E R O M F R B S

in control of my own actions
accepting of my flaws
more than my body
a Good Person
Responsible
self aware
a fighter
fearless
Blessed
strong
Kind

Beautiful Inside and Out
Loved no matter what
More than Enough
doing my best
independent
Successful
Important
Powerful
Special
Caring

at peace with my past
Grateful to be Alive
Healthy and Fit
understanding
Significant
confident
grounded
Healing
valued
Unique