



1

I choose
calm
over chaos.



A to Z
COUNSELLING



2

I am doing
the best I can,
and that is
enough.



A to Z
COUNSELLING

3

I take things
one step
at a time.



A to Z
COUNSELLING



4

I give myself
permission to
rest and
recharge.



A to Z
COUNSELLING

5

My feelings
are valid,
and it's okay
to feel them.



A to Z
COUNSELLING

6

I am
stronger
than I think
I am.



A to Z
COUNSELLING




7

I choose
kindness
towards
myself today.



A to Z
COUNSELLING

8

I focus on
what I can
control
and let go
of the rest.



A to Z
COUNSELLING

9

Today is a
new day,
full of
possibilities.



A to Z
COUNSELLING

10

I am
worthy
of support,
love and
connection.

A to Z
COUNSELLING

11

I breathe in
peace,
and breathe out
what I no
longer need.

A to Z
COUNSELLING

12

I trust
myself to
navigate
life's
challenges.

A to Z
COUNSELLING

13

I celebrate
small wins
because they
lead to big
changes.

A to Z
COUNSELLING

14

It's okay
to take breaks.
*Rest is
productive.*

A to Z
COUNSELLING

15

I surround
myself with
positivity
and let it
uplift me.

A to Z
COUNSELLING

16

I release
self-doubt and
embrace
my growth.

A to Z
COUNSELLING

17

I am
grateful
for where I
am and excited
for where I'm
going.

A to Z
COUNSELLING

18

I choose
hope over
fear
today.

A to Z
COUNSELLING