I am lovable

我很讨人喜欢

I am happy to be me

我很高兴能做自己

I accept and love myself

我接纳自己，爱自己

My confidence grows every day

我的信心与日俱增

I believe in myself

我相信自己

I have infinite potential

我有无尽的潜力

The world needs me and my special gifts

世界需要我和我的特殊天赋

I am worthy of kindness and respect

我值得善良和尊重

My thoughts, feelings, and opinions are important

我的思想、感受和观点都很重要

I enjoy expressing my true self

我喜欢展现真实的自我

I am worthy

我很有价值

I am unique and special

我是独一无二的

I deserve happiness

我值得拥有快乐

I deserve to be loved

我值得被爱

I am valuable just the way I am

做我自己最有价值

I was born good enough

我天生就很棒

The world needs my unique contributions

世界需要我的特殊贡献

I have great power within me

我内心有强大的力量

I am strong and resilient

我坚强而且有韧性

I can do it

我能信

I am a unique child of the universe

我是宇宙独一无二的孩子

My role in life is important

我的生命角色非常重要

The world is a better place because I am in it

世界因我而美好

I have infinite value

我有无尽的价值

I have faith in myself

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