

My Treasure Chest I

Words of Comfort: Bringing *Hope* to My SELF

Identify as many comforting words as possible. In difficult times, you can take out this list and recite it aloud or in your head in order to arouse hope within your inner self.

1. I'm going to be fine.
2. I don't have to worry about that right now.
3. It's going to be alright.
4. I almost always end up succeeding at what I do.
5. _____.
6. _____.
7. _____.
8. _____.
9. _____.
10. _____.
11. _____.
12. _____.
13. _____.
14. _____.
15. _____.
16. _____.
17. _____.
18. _____.
19. _____.
20. _____.

