

The background is black with several colorful, glowing, wavy lines in shades of red, orange, yellow, green, cyan, and purple. A central graphic element is a speech bubble with a black fill and a multi-colored border (pink, green, blue).

# Gwent N-gage

@GwentNgage | 0333 320 2751

TODAY  
I FOCUS  
ON THE

*Positive*

EVERYDAY  
IS A  
*Fresh*  
START



I AM  
*Enough*

I AM  
WORTHY OF  
*Happiness*  
*& Love*

I BELIEVE  
IN  
*Myself*

I AM  
RESILIENT  
& CAN GET  
THROUGH

*Anything*

I AM  
CAPABLE &  
*Strong*



I BREATHE IN  
CONFIDENCE  
AND

*Exhale*  
*Fear*

I AM IN  
CONTROL  
OF MY

*Feelings*

NO  
MATTER  
HOW HARD  
IT IS, I CAN

*Do it*



I AM  
*Smart*

I AM  
*Kind*

I ACCEPT  
*Myself*



I AM

*Fearless*



I AM  
*Loved*





I MAKE  
GOOD  
*Choices*

I HAVE  
THE POWER  
TO BE

*Happy*

I CAN  
MAKE A

*Difference*

I WORK  
*Hard*

The image features a teal background with a white rectangular frame. Inside the frame, the text "I AM" is written in a white, uppercase, sans-serif font, and "Honest" is written below it in a white, lowercase, cursive script font. The entire composition is centered within the frame.

I AM  
*Honest*



*I Matter*

TODAY  
I AM  
GOING  
TO BE MY

*Best Self*

I AM  
*Grateful*  
FOR  
WHAT  
I HAVE



I LOVE  
*Myself*  
FOR WHO  
I AM

TODAY  
IS GOING  
TO BE A

*Great Day*

*it's OK*  
TO MAKE  
MISTAKES

LIVE  
IN THE  
*Moment*

The image features a teal background with a white rectangular frame. The text "Smile TO LIFE" is centered within the frame. "Smile" is written in a white cursive font, while "TO LIFE" is in a white, all-caps, sans-serif font. The entire composition is set against a white background with faint black crop marks at the corners.

*Smile*  
TO LIFE

I HAVE  
*Faith*

I CAN  
DO WHAT

*I Love*









