





20 Positive Statements to Disrupt Rumination





1. I've overcome hard things before — I can do it again. 



2. I am learning, growing, and evolving every day.



3. My presence makes a difference, even when I don't see it. 




4. I am allowed to rest and reset.





5. I bring compassion into the spaces I enter. 





6. I am more than my mistakes. 





7. I am worthy of kindness — from myself and others. 



8. I choose progress over perfection. 




9. I am resilient, even when I feel fragile. 




10. I have helped others heal — that matters.


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11. I am creative in how I solve problems.





12. I am not alone in this experience.



13. I am allowed to feel and still move forward.




14. I am proud of how far I've come.





15. I am a work in progress, and that's okay.





16. I bring light to difficult moments.





17. I am capable of change and growth.



18. I am enough, just as I am.



19. I am learning to treat myself with gentleness.



20. I am here, and that is a victory.

Your Personal Positive Statements

