



I am beautiful



My voice is powerful



*I focus on thoughts and activities
that bring me joy*

*I treat people the way I like to be
treated*



My courage is inspiring





*I have a voice as to how I respond
to any adversity*

It's my body, my life, my choice





I focus on solutions, not problems

In adversity my beauty shines through





*I am a good person and
I deserve to be loved*



*I am kind to myself and treat
myself with respect*



*I have choices, the right to
ask questions, and the right
to say 'no'*



Caring for myself is an ongoing journey

*I alone have to do it but I
don't have to do it alone*



I have hope



*I plan to have a long and
productive life*



*My story is a treasure
of hope*





*I will not let HIV stop me leading a full,
normal life*

*Just because I am not being heard doesn't
mean I have to be silent*



I embrace each day



*I am who I am -
if people don't like that,
bad luck*



I have a bright future





I am not afraid to ask for help

*Those who mind don't
matter and those who
matter, don't mind*



*My HIV-positive status is
entirely compatible with
living an active, productive
and fulfilling life*



*I will not allow myself to stress about
the little things*



*I will not let my HIV diagnosis hold
me back – I am more than my virus*





*I have the right to enjoy what
life has to offer*



I continue to get stronger all the time



I am brave and resilient