



*Renew inspiration*

Mind Body Spirit

*Believe in yourself today, tomorrow and forever!*

## **CHOOSE TO SHINE**

### **AFFIRMATIONS**

1. *Today is full of possibilities*
2. *The sunrise fills me with confidence*
3. *I promise to be kind to myself and to others*
4. *I plan to learn something new along my journey*
5. *Unlimited positive energy will fill my inner being*
6. *I will be fearless on today and success will find me*
7. *I love who I see in the mirror – I am strong and beautiful*
8. *I will be a giver of love, joy and peace on today*
9. *I am grateful for another day to shine*

*Live simply.*

*Dream Big.*

*Be grateful.*

*Share Love.*

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