



Renew inspiration

Mind Body Spirit

Believe in yourself today, tomorrow and forever!

POSITIVE AFFIRMATIONS

- *I choose to feel good about myself each day.*
- *My body is healthy, strong and beautiful.*
- *I can quiet my mind and my thoughts whenever I want.*
- *Everything always works out for me.*
- *Everything I need is within me. I welcome miracles into my life.*
- *I have the ability to achieve and succeed. No obstacle stands in my way.*
- *I am free to move into glorious experiences.*
- *I am blessed, I am beautiful, I am enough.*
- *I am brave, fearless, bruised, bold and strong. I am who I'm meant to be.*
- *Today is the perfect day to be happy. I choose to fall in love with my life.*

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