



POSITIVE AFFIRMATIONS

- am capable of achieving great things.

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- Every day | am a better version of myself.
- → deserve love and respect.
- | am confident in my abilities and talents.
- → | can overcome any challenge that comes my way.
- → | am brave and strong.
- → | am surrounded by people who support me and love me.
- → My positive thoughts create my positive life.
- → | am grateful for all the blessings in my life.
- | choose to be happy and enjoy the present.
- | accept and love myself just the way | am.
- have the power to change my life for the better.
- ♦ | learn and grow from each experience.
- → My dreams and goals are achievable.
- ♦ | attract good things to me.
- → | am in control of my thoughts and emotions.
- Peace and tranquility are within me.
- My body is healthy and strong.
- | surround myself with positivity and love.
- Every day is a new opportunity to grow and improve.