

A decorative background consisting of a grid of small, grey, circular dots arranged in a regular pattern across the entire page.

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Life Changing

*Affirmations*

I am grounded, peaceful, and centered.


I am here for a reason.

I am brave.



I am smart.

I can. I will. Watch me.



I am totally in sync in life.

I am beautiful.



Happiness flows from me.

My body is healthy.

I have come a long way.

Anything is possible with me.

I have overcome many things.



I am getting stronger everyday.

I will make this day count.



I will get better and live pain-free.


I will move forward everyday.

I am valuable.

I am a warrior.



I am different. And I love it!




I have great ideas.

The future holds great things for me.

Challenges are opportunities.

I will laugh today.

I am a problem solver.



I am confident in who I am.

I have everything I need.



I control my fears, they do not control me.

I am loved.



I can do this one step at a time.

My uniqueness is what will help me.