

# AFFIRMATIONS

I'M  
EXCEPTIONALLY AND  
WONDERFULLY  
MADE

I SHOW UP AS  
I WANT  
TO BE SEEN

I CAN DO IT

I HAVE  
EVERYTHIN I  
NEED WITHIN ME  
FOR THE LIFE I  
REALLY WANT

I AM ENOUGH

I AM HAPPY BEING ME

I FACE AND  
OVERCOME MY  
FEARS

I AM FREE  
TO DO  
AND BE ME