

AFFIRMATIONS

I'M
EXCEPTIONALLY AND
WONDERFULLY
MADE

I CAN DO IT
AND I WILL

I SHOW UP
AUTHENTICALLY

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

I AM
ENOUGH

I AM LIVING
MY BEST LIFE

I AM HAPPY
BEING ME

I FACE AND
OVERCOME MY
FEARS

I AM FREE
TO BE
AND DO ME