




10 BEAUTIFUL AFFIRMATIONS TO PRACTICE THIS WEEK

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**I HAVE
EVERYTHING
I NEED TO
MAKE TODAY
A GREAT DAY.**

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**I AM,
AND
ALWAYS
WILL BE,
ENOUGH.**

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A close-up photograph of a woman's face and neck. She has long, wavy blonde hair and is wearing a light pink top. A large, semi-transparent pink circle is overlaid on the lower half of her face and neck. The text "I AM COURAGEOUS AND WILLING TO FACE MY FEARS." is written in white, bold, sans-serif capital letters across the middle of this circle.

**I AM
COURAGEOUS
AND WILLING
TO FACE MY
FEARS.**

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**I AM STRONG,
CONFIDENT,
AND SUCCESSFUL.**

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**I TRUST
THE JOURNEY.**

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A person wearing a colorful floral dress is walking through shallow ocean waves. The water is bright and foamy, and the scene is captured from a low angle, focusing on the person's legs and the dress. The overall mood is serene and healthy.

**I GROW
STRONGER
AND HEALTHIER
EVERY DAY.**

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A person wearing a teal robe is holding a large, dense bouquet of purple flowers, likely lilacs, in a field. The background is a soft-focus landscape with green grass and a pale sky. The text "I AM OPEN TO ALL THE WEALTH LIFE HAS TO OFFER." is overlaid on the left side of the image in white, bold, sans-serif font.

**I AM OPEN
TO ALL THE
WEALTH
LIFE HAS
TO OFFER.**

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**I AM
GENTLE,
LOVING,
PATIENT,
AND KIND.**

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**I AM
SAFE
AND
SECURE.**

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**IT WILL ALL
WORK OUT
FOR THE BEST.**

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