Using Positive Affirmations

Think about your best friend in the world, the person you’d give anything for. How do you treat this person? You are loving and supportive; you’re devoted and compassionate. This is how you should also treat yourself.

Here are some examples to get you started:

1. *I have all that I need within me to reach my goal.*
2. *I’m open for new and wonderful opportunities.*
3. *I am being guided to my best and highest good.*
4. *I deserve happiness.*

Make a list of 3-5 positive affirmations that resonate with you.

1: 
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4: 
5: 

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