

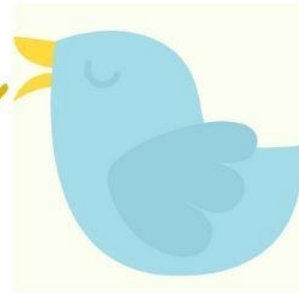
10

AFFIRMATIONS

TO RECITE DAILY

AND START YOUR DAY

happy



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I AFFIRM

1 Today is a brand new day for me. I am thankful for my body, my mind, and my spirit. I am thankful for life. I breathe in the fullness of this moment, feeling clear and calm as I breathe out.

2 I am peaceful in my present and trusting in my future. I let go of what has already passed, and I release the need to figure out the future. I am fully conscious of my present, my here and now.

3 Whatever life is giving me right now is exactly what I need. Whatever I need next will come to me at the right time, at the right place, and in the right way.

4 I am calmly and patiently expecting of good things, and I am grateful. I am focused on what's working, and on the goodness that surrounds me now.



I AFFIRM

5 I move through my day, knowing that I am always divinely guided and supported by all of life. I have the entire universal backup and assistance to accomplish what I desire.

6 Everyday, I am becoming a better version of myself. I am taking care of the thoughts that I entertain in my mind. I am caring for myself from the inside out.

7 I am letting go of what no longer serves me and giving space for wonderful things to flow. My mind is open and receptive to creative insights and inspiration.

8 I am only speaking words that empower and uplift me, and I disengage from any limiting stories and chatter in my mind.

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I AFFIRM

9 I am intending to savor this day and find pieces of joy wherever I may be. I will be radiating love and kindness everywhere I go, because this is who I am.

10 I am enough as I am right now, while continuously growing and evolving.
I am being easy on myself as I journey on gracefully, without the need to hurry.
I am becoming better at my own pace, each and every day.

ALL OF THESE THINGS I AFFIRM.
I AM HAPPY AND GRATEFUL.
ALL IS WELL.

HELLOHAPPY INSPIRATION

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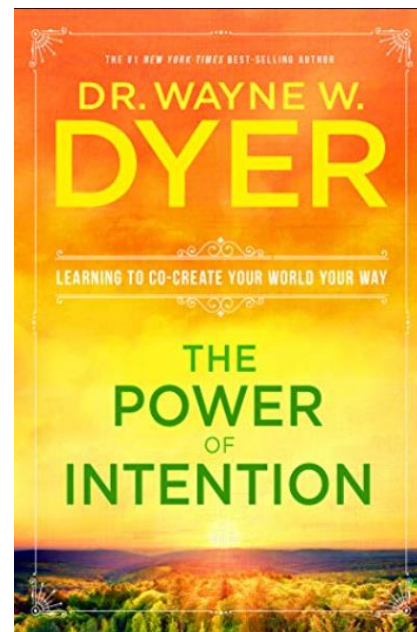
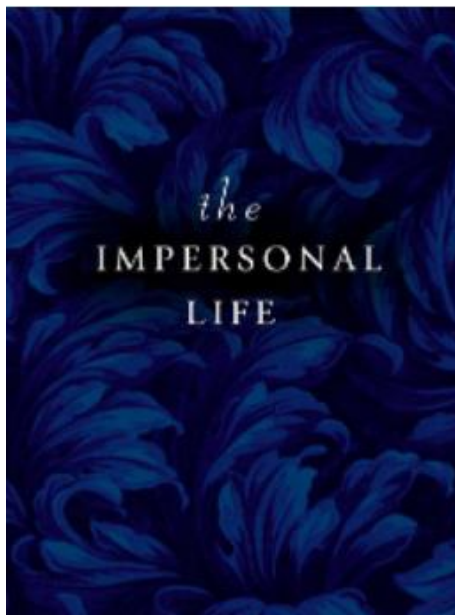
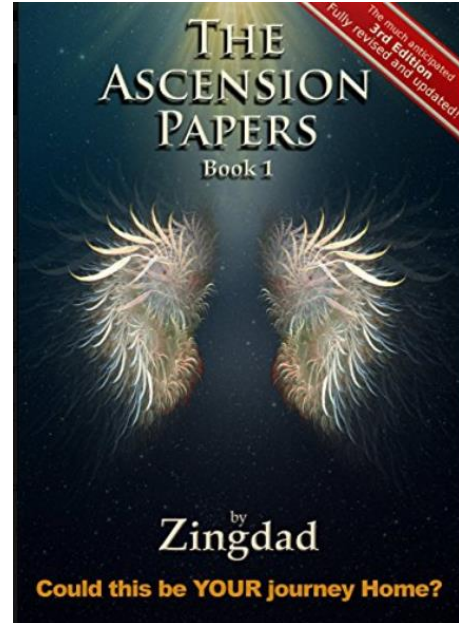
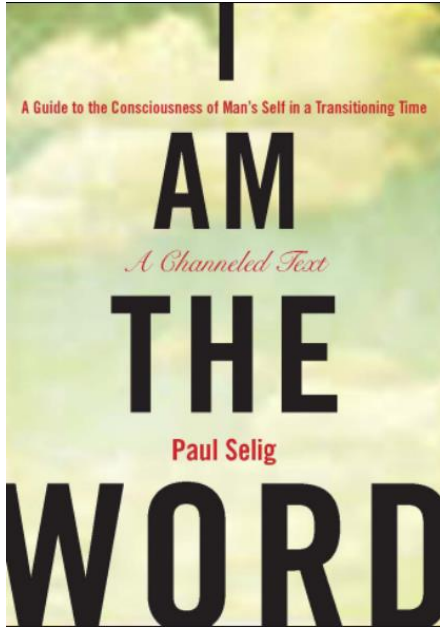


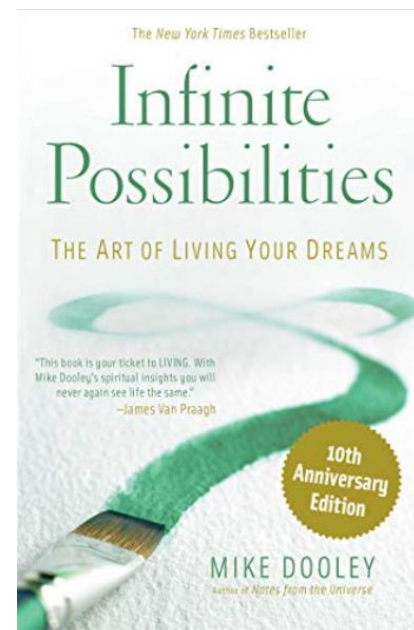
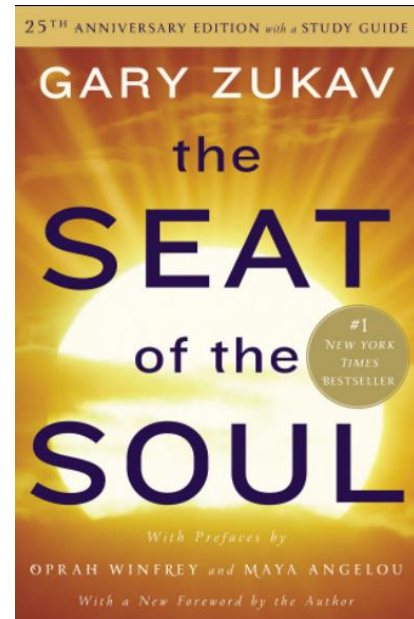
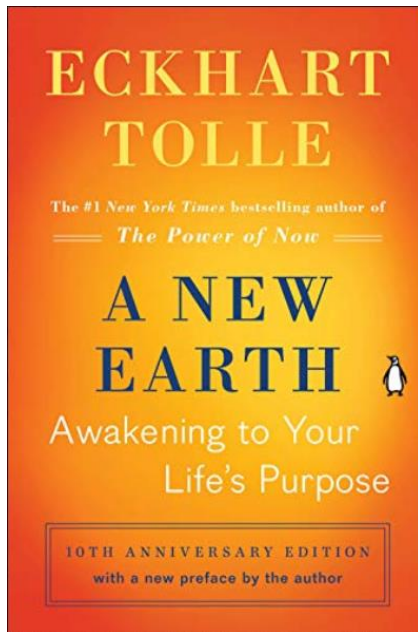
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Our everyday words and thoughts have the

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Thank you! Wishing you Infinite Blessings, Love and Happiness!

- Iona Kristina ☺