

# POSITIVE AFFIRMATIONS

*I release all negativity from my life.*

*I am grateful for all that is in my life.*

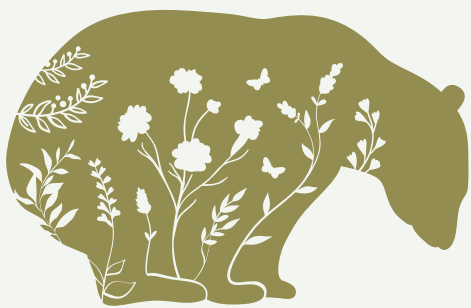
I AM LOVED. I AM SUCCESSFUL. I AM WORTHY.

*I live in abundance. I release myself from doubt and fear.*

My body is vibrant with  
love, health and positivity.



*I have the power to achieve everything I desire.*



I release myself  
from limiting beliefs.

I AM HEALTHY. I AM SMART. I AM CONFIDENT.

*I love who I am today. I choose to be happy.*

*I trust in the process of life.*