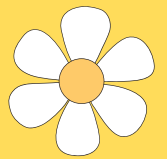
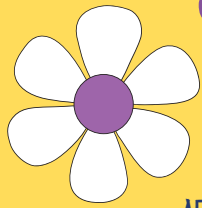


an affirmation a day June 2022



AFFIRMATIONS ARE POSITIVE STATEMENTS THAT CAN HELP YOU TO CHALLENGE AND OVERCOME SELF-SABOTAGING AND NEGATIVE THOUGHTS.
WHEN YOU REPEAT THEM OFTEN, AND BELIEVE IN THEM, YOU CAN START TO MAKE POSITIVE CHANGES.

1. TODAY I AM A SUPER HERO
2. I FIND NEW WAYS TO IMPROVE THE QUALITY OF MY LIFE
3. I AM FIGURING OUT THAT WHAT'S BEST FOR ME IS MEANT FOR ME
4. I CHOOSE CONFIDENCE AND CALM OVER WORRY AND STRESS
5. I CHOOSE TO BELIEVE IN MYSELF
6. I BEGIN MY DAYS WITH SELF LOVE
7. I AM A GOOD PERSON, I AM ENOUGH
8. I AM SEXY AND ATTRACTIVE
9. I AM ON A PERSONAL MISSION TO FEEL GOOD
10. I RELEASE THE PAST AND FOCUS ON THE PRESENT DAY
11. I WILL BE THE LOVE I WANT TO ATTRACT
12. I NOURISH MY SOUL WITH KIND WORDS AND KINDER PEOPLE
13. I AM THE BEST!
14. IF IT'S NOT A "HELL YES" I CAN SAY NO
15. MY PAIN IS TEMPORARY
16. NOBODY DICTATES HOW I FEEL, ONLY I HAVE THAT PRIVILEGE
17. IT'S OK NOT TO FEEL OK
18. I ONLY ALLOW WHAT SERVES MY HIGHEST GOOD INTO THE NEXT PHASE OF MY LIFE
19. TODAY I AM GOING TO BE OPTIMISTIC
20. I TAKE GOOD CARE OF MY FAMILY AND THE PEOPLE I LOVE
21. I AM NOT LESS FOR MAKING MISTAKES, I AM MORE BECAUSE I LEARN FROM THEM
22. SMALL STEPS EVERY DAY WILL LEAD ME TO WHO I WANT TO BE
23. TODAY, NOTHING IS GOING TO STOP ME FROM BEING HAPPY
24. I WILL EMBRACE THE CHANGES IN MY LIFE
25. I START TODAY WITH A POSITIVE VIBE
26. I AM GRATEFUL FOR LIFE
27. I AM PERFECT FOR MYSELF
28. I AM STRONGER THAN I SEEM
29. I AM GRATEFUL FOR FREEDOM
30. TODAY I AM GOING TO WIGGLE IT!



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