

THIS IS me



STRATFORD SCHOOL OF
MEDITATION

Daily Affirmations

I AM

calm



I AM

colourful

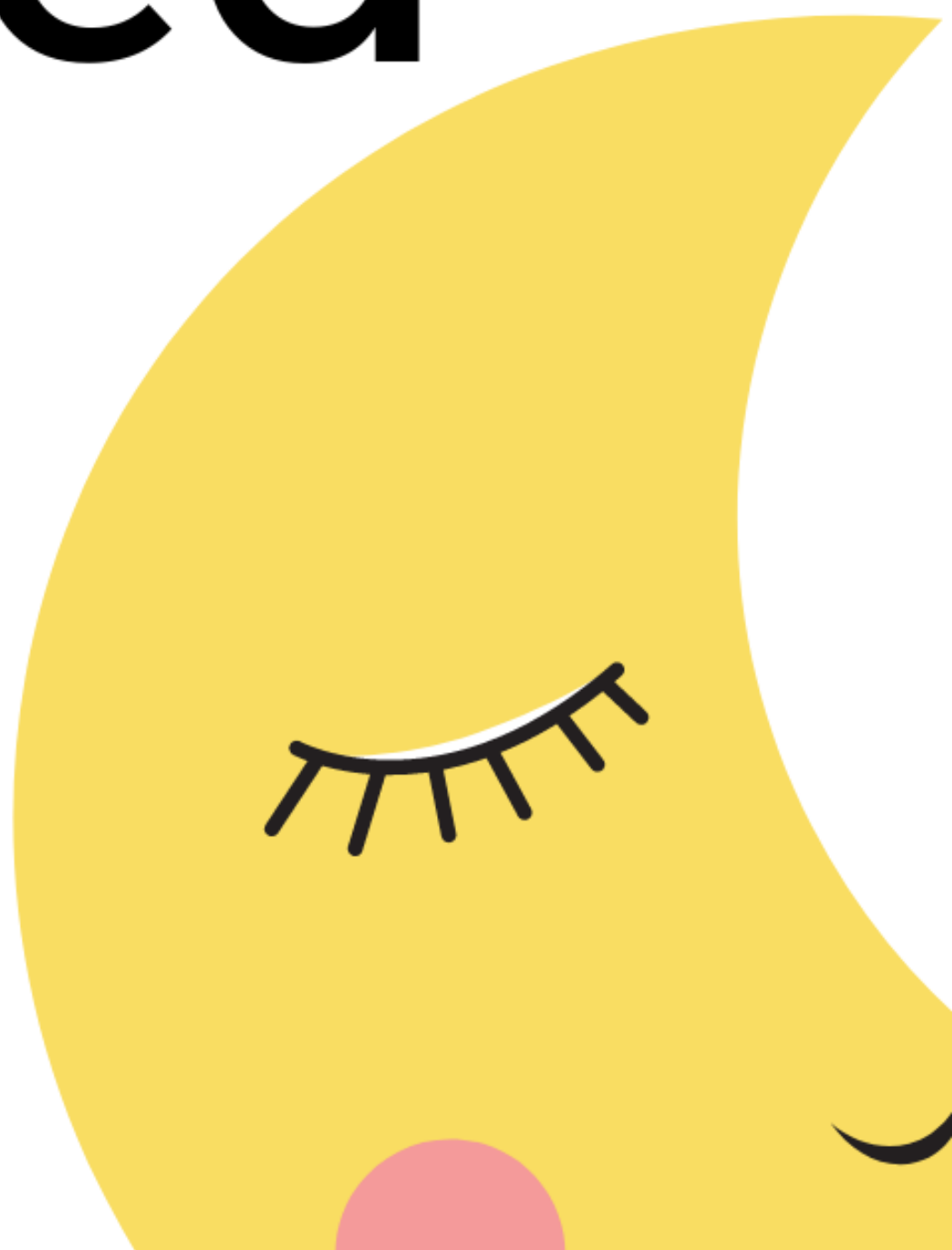


I AM

love



I AM
chilled



I AM

a star



I AM

bright

