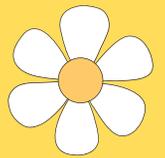
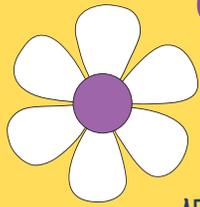


an affirmation a day June 2022



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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