



# **I Deeply and Completely Love Myself**

[www.KarenDeanSpeaks.com](http://www.KarenDeanSpeaks.com)

# Instructions:

Put this postcard by your mirror and  
read it out loud to yourself  
every single day!

It will change your life!

You can find more life-changing tools at:  
[www.KarenDeanSpeaks.com](http://www.KarenDeanSpeaks.com)