



I am happy.

www.justpause.co.uk

**I can be whatever I
want to be.**

www.justpause.co.uk

I Believe in Myself.

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I am grateful.

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I am Good.

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**I welcome changes
into my life.**

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I am kind.

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I am loved.

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I can remain calm.

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**I will rise above
anything that
is send my way.**

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