



**I choose happiness,
success and
abundance in my life.**

www.justpause.co.uk

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

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**I am in charge of how
I feel today and I am
choosing happiness.**

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**I am grateful for
the love that
is around me.**

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**Everything in my
life happens with
perfect timing.**

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**I welcome changes
into my life.**

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**I will use kindness
in all my
words and thoughts.**

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**I am worthy
of love.**

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**I can remain calm
and centred
in any situations.**

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

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