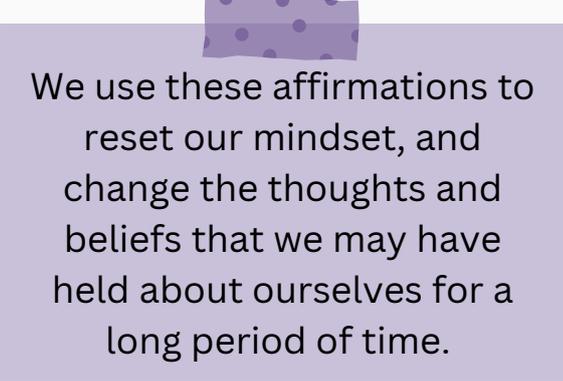


Positive Affirmations

- I have the skills I need to be successful
- Negative thoughts will not cloud my judgements
- I am strong
- Mistakes are my opportunities to grow
- I am beautiful
- I am worth more every day
- I am ever-growing
- I am capable
- I am the author of my story
- I can manifest positivity and believe in myself
- I deserve the world
- Challenges may face me today



IF YOU
NEVER
TRY YOU
NEVER
know



We use these affirmations to reset our mindset, and change the thoughts and beliefs that we may have held about ourselves for a long period of time.