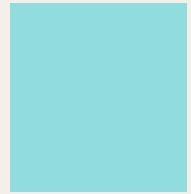


AFFIRMATIONS FOR THE BOX



I AM PERFECT JUST THE WAY I AM

I RELEASE MY NEED TO CONTROL THINGS

I TRUST EVERYONE IS DOING THE BEST THEY CAN FROM THEIR AWARENESS

IT'S OKAY TO RELAX AND ENJOY MYSELF

IT'S OKAY TO MAKE MISTAKES AND LEARN FROM THEM

THE PAST IS OVER

I NOW FREE MYSELF FROM DESTRUCTIVE FEARS AND DOUBTS

I ENJOY TODAY AND CHEERFULLY LOOK FORWARD TO TOMORROW

I ASK FOR WHAT I WANT AND NEED

LIFE BRINGS ME ONLY GOOD EXPERIENCES

I DESERVE THE BEST, AND I ACCEPT IT NOW

AFFIRMATIONS FOR THE TRIANGLE



IT'S SAFE TO BE VULNERABLE

MY FEELINGS ARE AS VALUABLE AS MY ACCOMPLISHMENTS

I TAKE TIME TO RELAX AND GROW

I AM LOVED FOR WHO I AM, AND NOT FOR WHAT I ACHIEVE

I AM WILLING TO SEE OTHERS AS EQUALS

I AM WILLING TO TRUST MORE

I RELEASE MY NEED TO CONTROL THE OUTCOME

I KNOW WHEN TO PUSH AND WHEN TO REST

I VALUE COLLABORATION OVER COMPETITION

I AM OPEN TO ACCEPTING NEW PERSPECTIVES

**I TRUST THAT EVERYONE IS DOING THE BEST THEY CAN FROM THE AWARENESS THEY
HAVE**

AFFIRMATIONS FOR THE RECTANGLE



I TRUST THAT ALL MY QUESTIONS ARE ANSWERED AT THE RIGHT TIME

I LET GO OF ALL FEAR AND DOUBT, AND LIFE BECOMES SIMPLE AND EASY FOR ME

EVERYTHING I NEED COMES TO ME AT THE PERFECT TIME

I FEEL GLORIOUS, DYNAMIC ENERGY. I AM ACTIVE AND ALIVE

I AM A UNIQUE AND BEAUTIFUL SOUL

I TRUST MYSELF

I AM OPEN TO NEW AND WONDERFUL CHALLENGES

**I FLOW EASILY WITH NEW EXPERIENCES, NEW CHALLENGES, AND NEW PEOPLE WHO
ENTER MY LIFE**

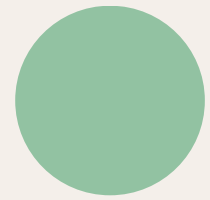
GOLDEN OPPORTUNITIES ARE EVERYWHERE FOR ME

AS I SAY YES TO LIFE, LIFE SAYS YES TO ME

I AM GUIDED AND PROTECTED AT ALL TIMES

ALL IS WELL IN MY WORLD

AFFIRMATIONS FOR THE CIRCLE



MY NEEDS ARE AS IMPORTANT AS EVERYONE ELSE

I SPEAK UP FOR WHAT I WANT

I AM WORTHY OF RECEIVING LOVE

I AM PERFECT JUST THE WAY I AM

I LOVE AND APPROVE OF MYSELF

I DRAW BOUNDARIES WITH EASE AND COMPASSION

I AM GOOD ENOUGH

I HONOUR MY NEEDS AND FEELINGS

IT'S SAFE TO BE ME

**I RELEASE ALL PAST HURT AND PAIN. I OPEN MYSELF UP TO ABUNDANT LOVE AND
POSSIBILITIES**

ALL IS WELL IN MY WORLD

AFFIRMATIONS FOR THE SQUIGGLE



MY WELL-BEING IS MY TOP PRIORITY

I TAKE ADEQUATE REST TO RECHARGE MY BODY

THERE IS ENOUGH TIME FOR EVERYTHING

EVERYTHING I NEED COMES TO ME AT THE PERFECT TIME

IT IS SAFE TO LOOK WITHIN

I HAVE ENOUGH. THERE IS ENOUGH

I AM DEEPLY FULFILLED BY ALL THAT I DO

I STAY IN THE PRESENT MOMENT AND ENJOY THE SMALL THINGS

I BALANCE MY LIFE BETWEEN WORK, REST, AND PLAY

I TRUST THE PROCESS OF LIFE

ALL IS WELL IN MY WORLD