

POSITIVE REINFORCEMENTS FOR A HAPPIER YOU!



I love & accept myself



I appreciate & acknowledge all of me



I find freedom in my vulnerability



I am at peace with my past



I allow my true self to flourish



There is power within me



Compassion is my natural way of being



I inhale confidence & exhale fear



I am beautiful inside & out



I inspire those around me



I wake with new energy & optimism



I am humbled & proud



I feel wonderful & alive



I appreciate everything I have



I have integrity & my friends trust me



I attract people who help me meet my goals



I am successful in everything I do



I am powerful creator



I make my own goals & crush them



Prosperity flows through me at all times



The universe always provides for me



I am connected to the universe



I am safe: divinely guided & protected



I let go & allow the universe to do its things



All is well & good in my life



I speak with strong confidence



I am courageous & speak my truth



Peace begins in me



I feel full of life



I am worthy



I can achieve anything



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