

My  
**Affirmations**



I take life one day  
at a time.

I am loved.


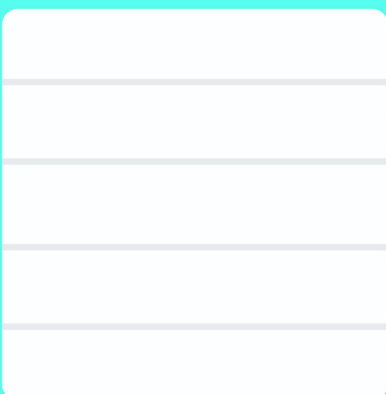



I share my gifts  
with the world.

I am peaceful.

I am kind,  
and generous.

I am whole.



I believe  
in myself!



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