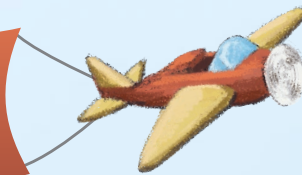


TWENTY-FIVE POSITIVE AFFIRMATIONS



1. You are loveable.
2. You are awesome.
3. You are worthy.
4. Trust your wise voice within.
5. You are Strong.
6. **YOU ARE BRAVE.**
7. **STAND TALL WITH SELF-RESPECT.**
8. Be courageous with your gentle heart.
9. You belong.
10. **YOU MATTER, NO MATTER WHAT.**
11. **You bring joy to this world.**
12. **YOU ARE SMART.**
13. You are adventurous.
14. Treat yourself with compassion.
15. Talk to yourself like you would a friend.
16. **YOU ARE ENOUGH.**
17. Step into your power.
18. You own this.
19. Believe in yourself.
20. **TRUST YOURSELF.**
21. **YOU ARE BEAUTY-FILLED.**
22. You are strong like a mountain.
23. **You are resilient like a river.**
24. **YOU ARE FREE LIKE THE SKY.**
25. You can get through hard things.