

Daily Affirmations

(add your own personalized ones too!)

I can do anything

I am limitless

I don't need perfection

I am valuable and worthy just as I am

Pure potentiality is real

What I think about comes about, what I focus on expands

I am a Divinely inspired creator

God is my co-creator and my ever-present guide

I have loving and mutually respectful relationships

My life and home are organized and peaceful

I have abundance and prosperity in my life

*If you find you can't say some of these and believe them (this is SO necessary!) right away, begin by saying "It's safe to believe....." Either way, say these out loud (best) or silently to yourself at least once a day for best results.

Do you have questions or need some guidance on this process? Please feel free to contact me and we will discuss it. I want you to be able to believe and feel these affirmations in your bones!



Linda Mitchell
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MASSAGE. BODYWORK & COACHING

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