

CREATING NEW INNER DIALOGUES

I am (capable, creative, beautiful, trusting, smart, strong, learning, confident, responsible, courageous, accept, willing, open, loving, motivated).

I can (accomplish whatever I put my mind to achieve, change, be brave, like myself, open my heart, reach my goals, control my future, be proud of myself, love).

I deserve (to be happy, healthy, successful, prosperous, calm, confident, loved, have fun, travel, get along with others).

Life (is easy, fun, a learning experience, a blank canvas, an opportunity to create, a journey to take one step at a time, full of adventures, a puzzle waiting for me to work with it).

Now you create. I suggest taking your time and adding to this list with a couple of statements at a time.

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