

Mindful Affirmations

**I CAN BE
PRESENT IN THIS
MOMENT**



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Mindful Affirmations

**I AM CALM AND
PEACEFUL**



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Mindful Affirmations

**I WILL FOCUS ON
WHAT MAKES ME
HAPPY**



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Mindful Affirmations

**I WILL ACCEPT
MY FEELINGS**



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Mindful Affirmations

**I APPRECIATE
TODAY**



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**I CAN PAUSE AND
REFLECT**



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Mindful Affirmations

**I CAN TAKE A
MOMENT FOR A
DEEP BREATH**



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Mindful Affirmations

**I QUIETLY
OBSERVE WHAT
IS AROUND ME**



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