

Mindful Affirmations

I WILL FIND JOY
IN TODAY



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Mindful Affirmations

I CAN DO
WONDERFUL
THINGS



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Mindful Affirmations

I CAN THINK
POSITIVELY



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Mindful Affirmations

I WILL BE KIND
TO MYSELF



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Mindful Affirmations

I WILL
ENCOURAGE
MYSELF



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Mindful Affirmations

I WILL GIVE MY
FULL ATTENTION
TO THIS
MOMENT



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Mindful Affirmations

I AM GRATEFUL
FOR WHO I AM



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Mindful Affirmations

I WILL SHOW
SELF-
COMPASSION



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