

Mindful Affirmations

**I LOVE THE WAY
TODAY FEELS**



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Mindful Affirmations

**I CAN SLOW
DOWN AND
ENJOY THIS
MOMENT**



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**THERE IS JOY
WITHIN ME**



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**I WILL LISTEN TO
MY FEELINGS**



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**I WILL GIVE
TODAY MY BEST
EFFORT**



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**I AM CONNECTED
TO MY
THOUGHTS**



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**I HAVE AN OPEN
MIND**



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**I WELCOME
TODAY'S
OPPORTUNITIES**



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