



**I OBSERVE MY
ACTIONS AND
THOUGHTS**
without judgement.



I TRUST MYSELF.
*my inner wisdom
guides me.*



**I HAVE A GIFT
THAT NEEDS
TO BE SHARED**
with the world.



**CHALLENGES ARE
OPPORTUNITIES**
*for growth and
improvement.*



**I HAVE
THE POWER**
*to change
my situation.*



**I AM FREE
TO RELEASE
WHATEVER IS
NOT SERVING ME**
or my purpose.



**I RECOGNIZE MY
POTENTIAL AND
WON'T LET OTHERS**
block my path.



**I DESERVE THE
COMPLIMENTS**
*that are given
to me.*



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WITHOUT
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