25 AFFIRMATIONS

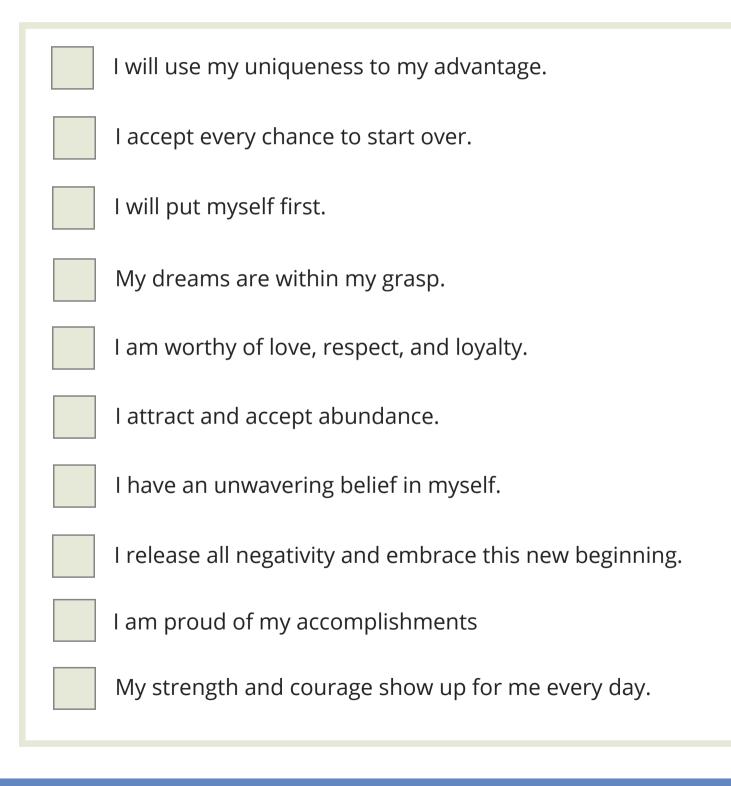
Affirmations for new beginnings



FEARLESSLY HOLISTIC

25 AFFIRMATIONS

Affirmations for new beginnings



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25 AFFIRMATIONS

Affirmations for new beginnings

I am in full control of what happens in my life.

I have unlimited potential to achieve everything I want.

I will stay present and be mindful.

I don't have to be tethered to the past.

I do not seek validation; my self-worth comes from within.

These affirmations are part of my blog post: "Affirmations and Positive Thinking" which can be found at my website **<u>Fearlessly Holistic</u>**.

If you have enjoyed this item, please share it with others!

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NOTES PAGE

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ABOUT ME



Hi, I'm Irma, I have spent the past 10 years trying to fix my various physical and mental health issues.

Affirmations have played a huge part in my successes.

I suggest picking 5 affirmations and writing them out daily for at least a month. This gives them a chance to take hold in your brain.

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