SELF IMPROVEMENT

Affirmations



Coloring Book

Beautifully surrendered


Authenticity
Defines
My Character

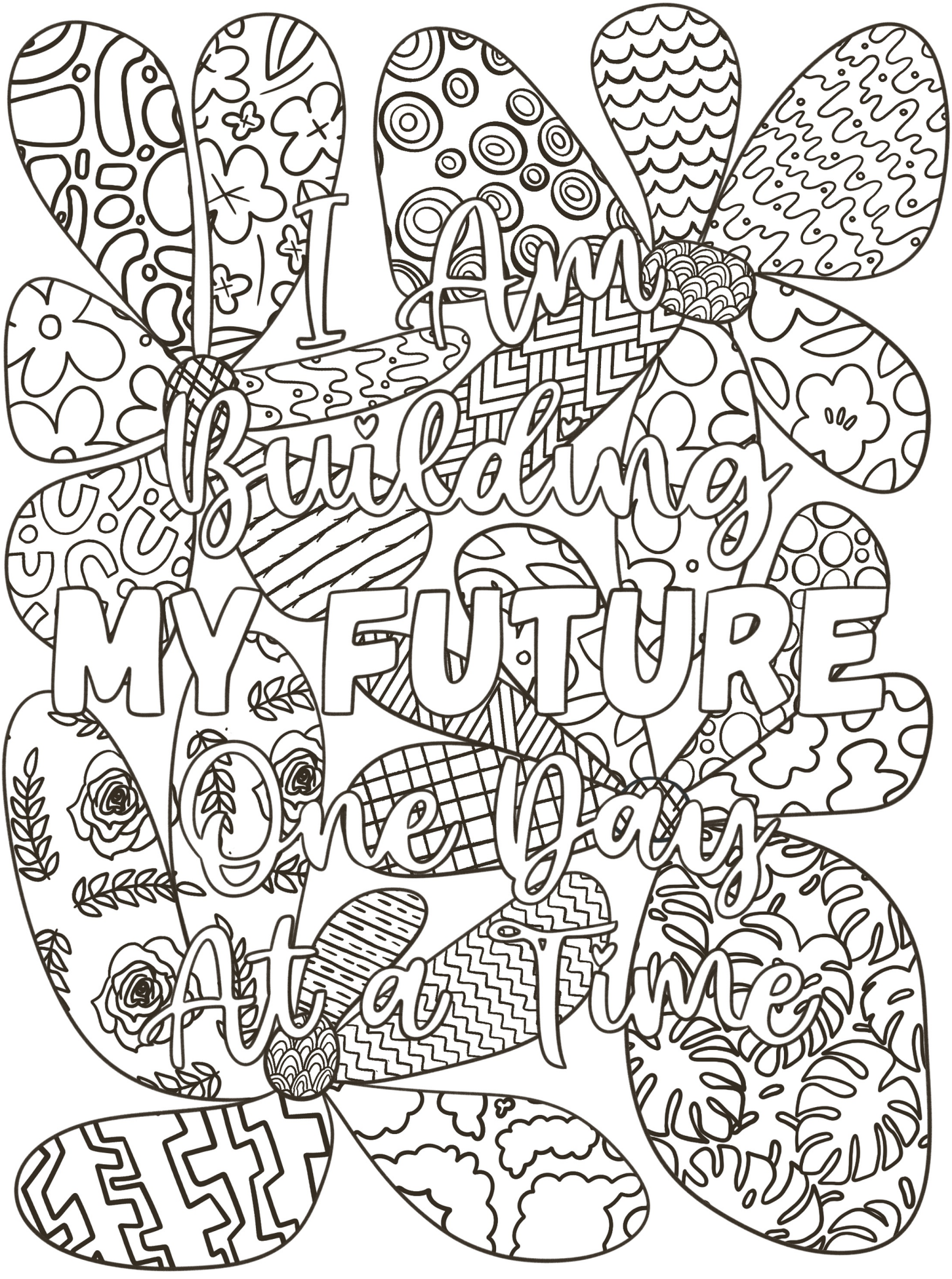

Competition
is
Healthy

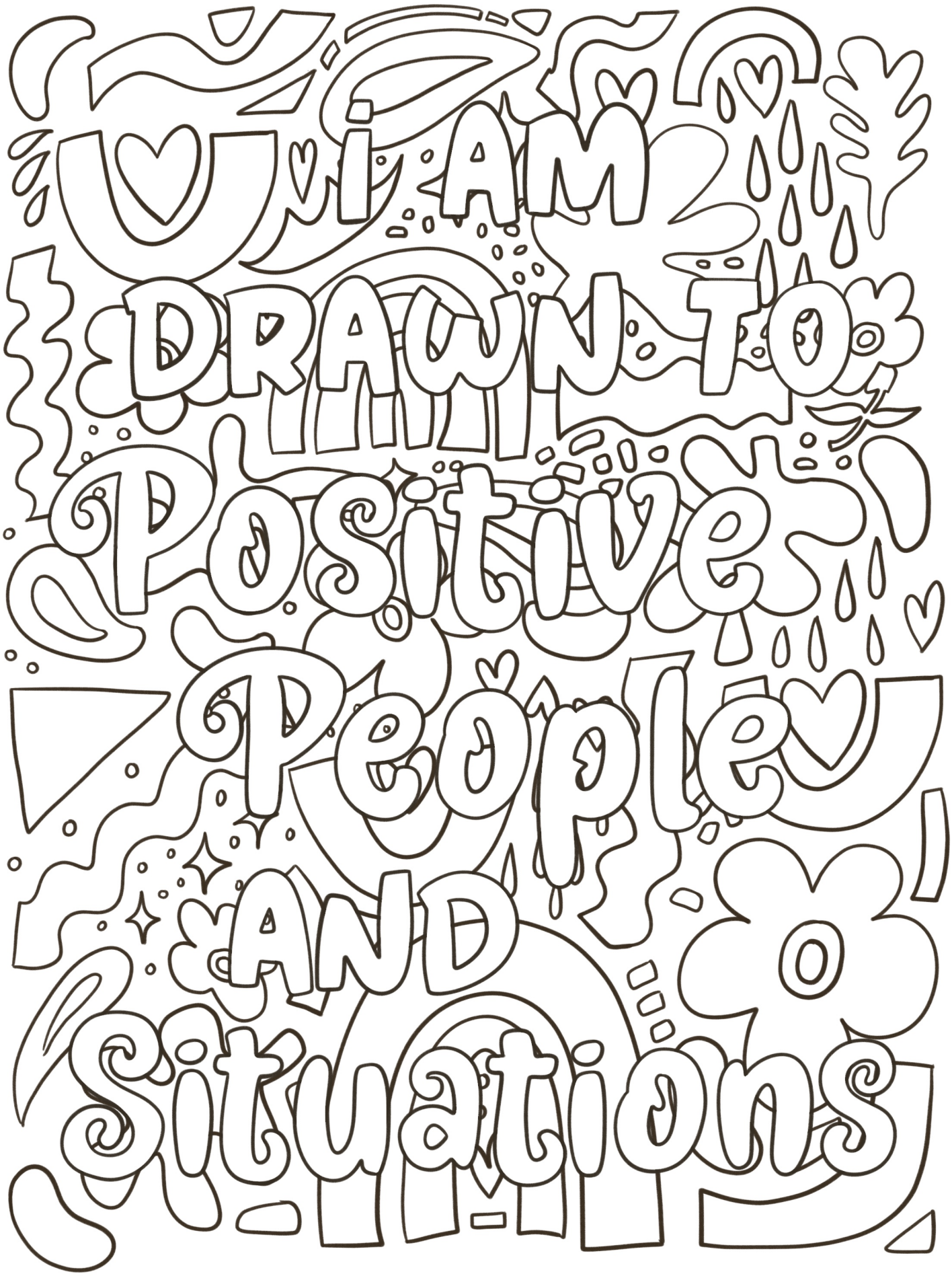

Daily
Practice
is
Powerful

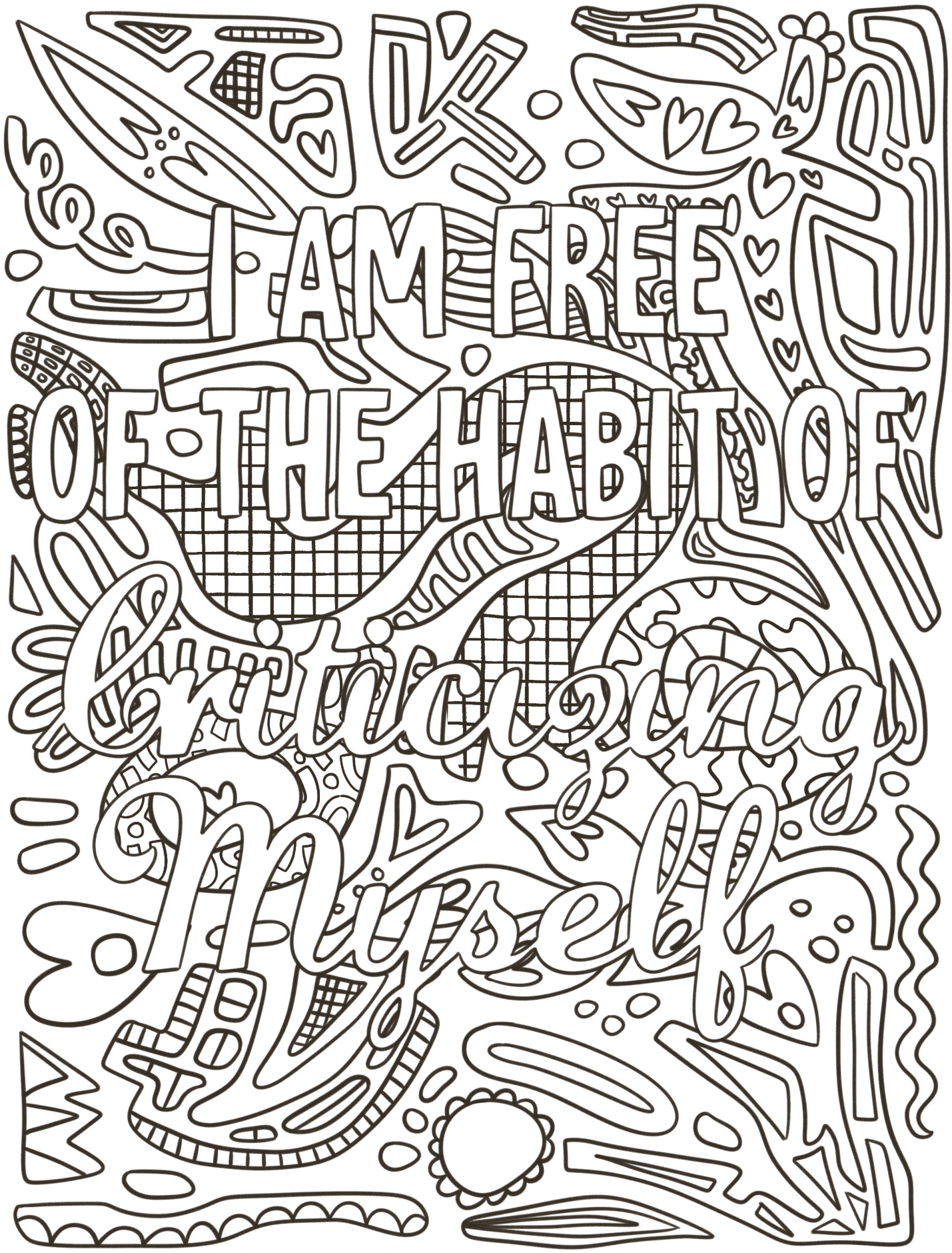

Empathy
Builds
Humility


I am
A force
For
Good


A Poised
Presenter

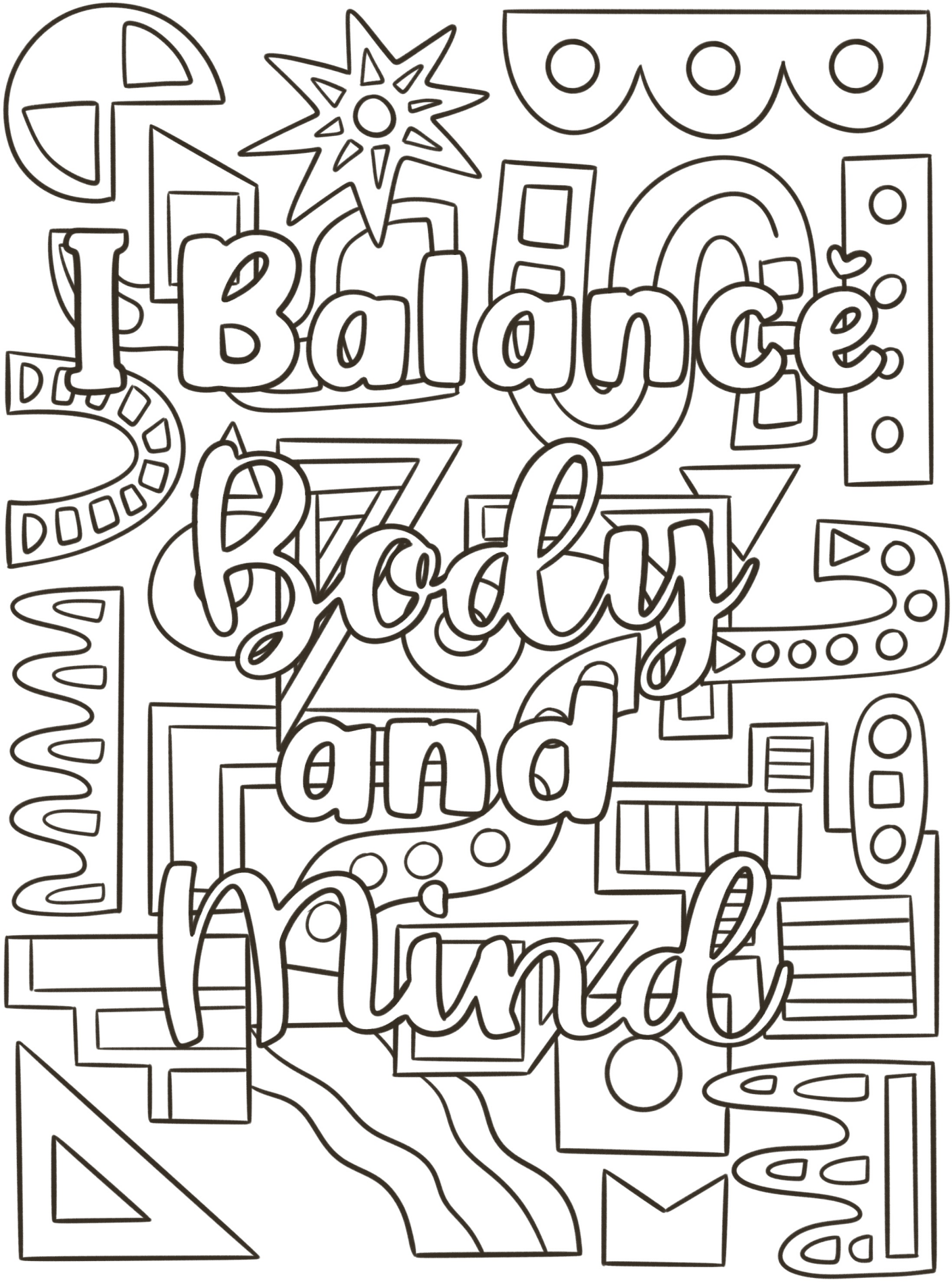

I Am
Building
MY FUTURE
One Day
At a Time

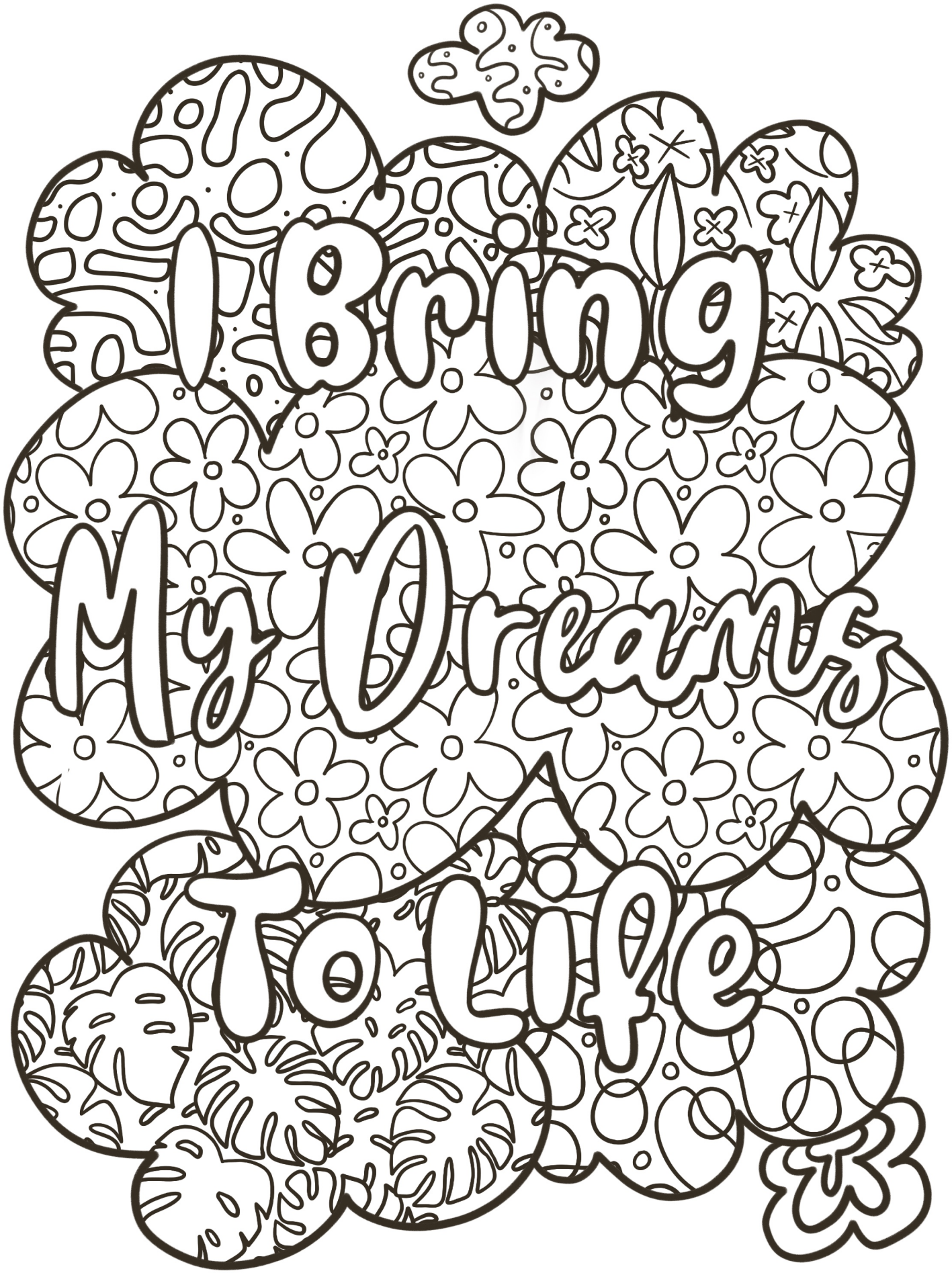

I AM
DRAWN TO
Positive
People
AND
Situations

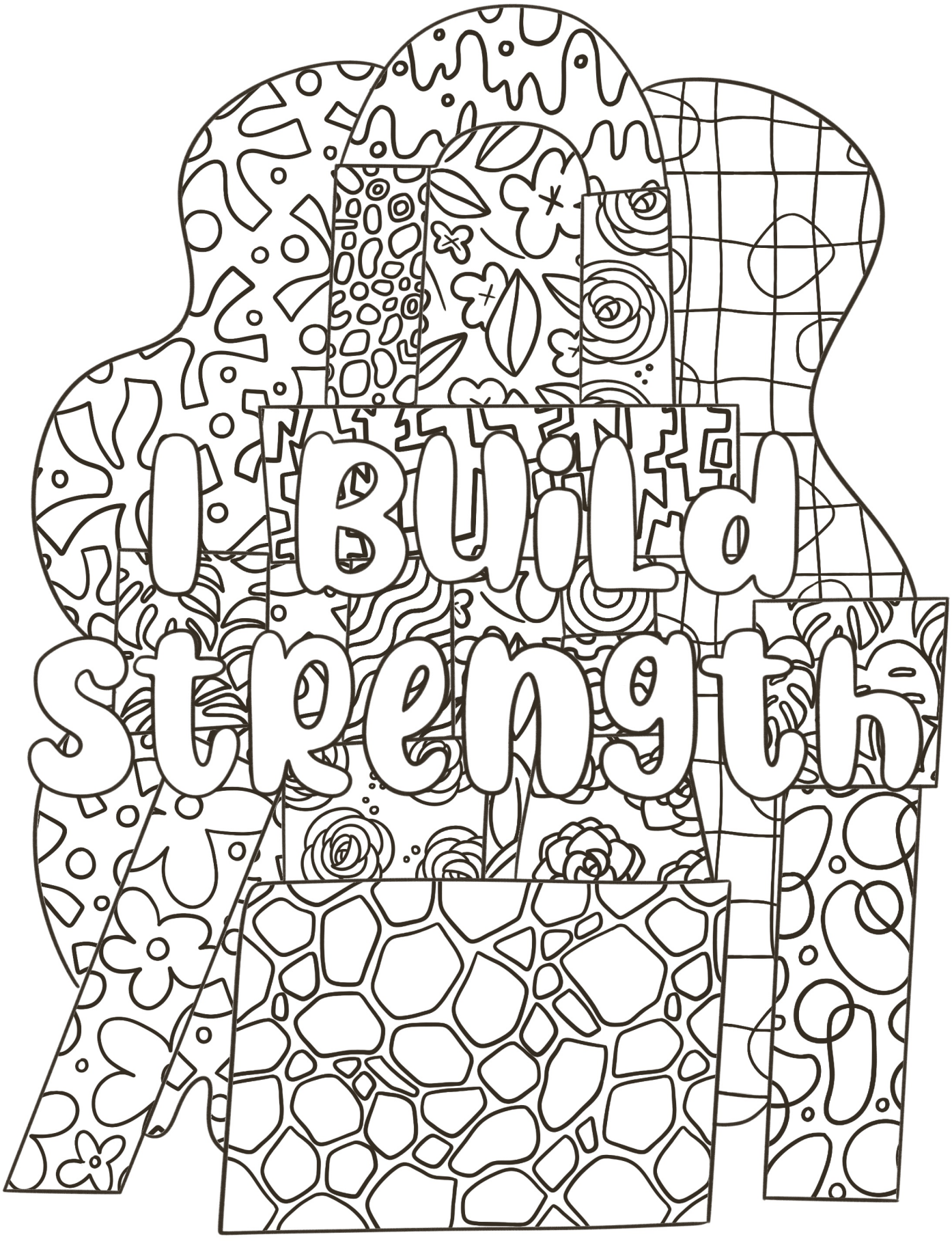

I AM FREE
OF THE HABIT OF
Criticizing
Myself

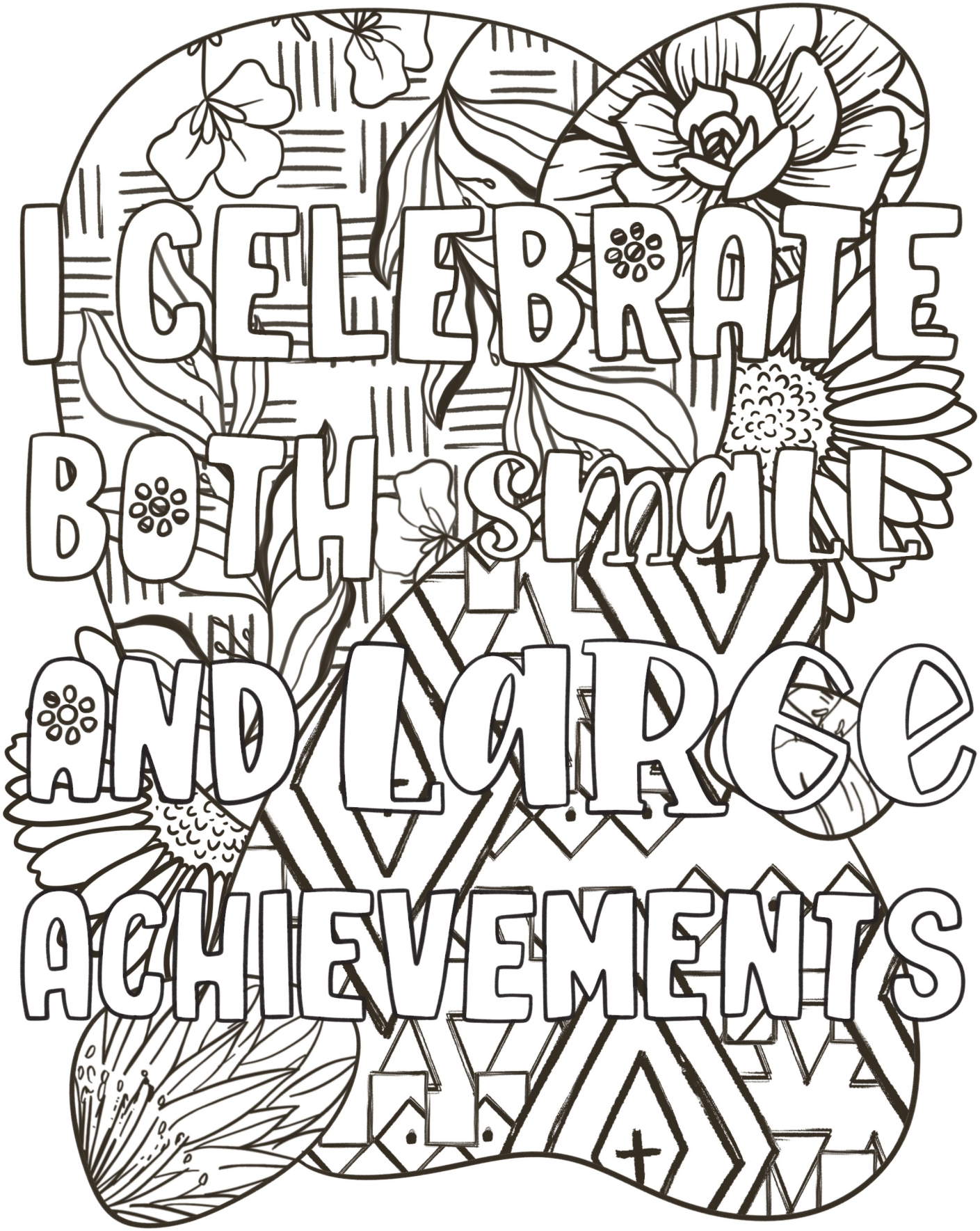

I am
honest
with
myself

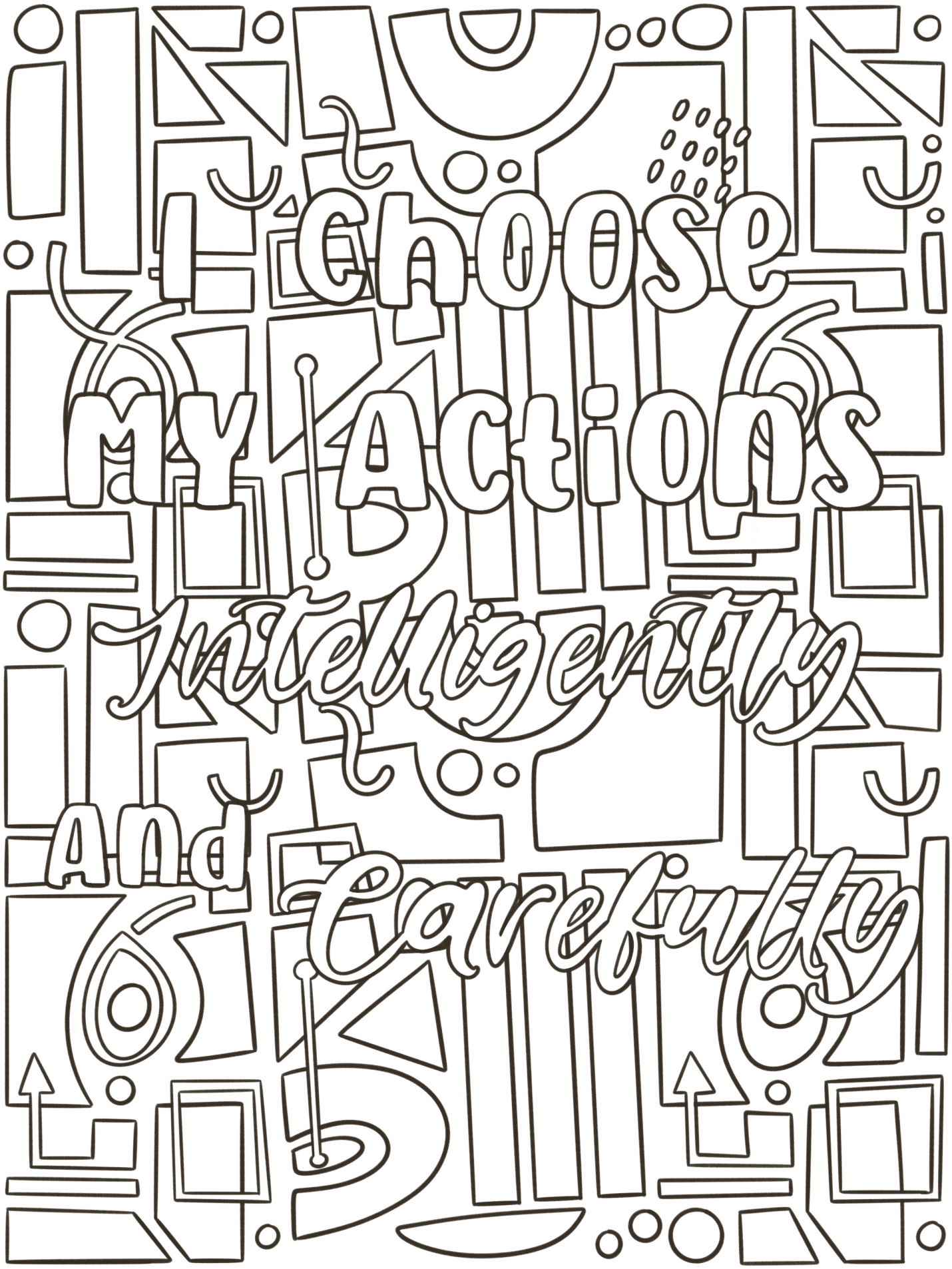

I APPRECIATE
Quiet
Moments


Balance
Body
and
mind


I Bring
My Dreams
To Life

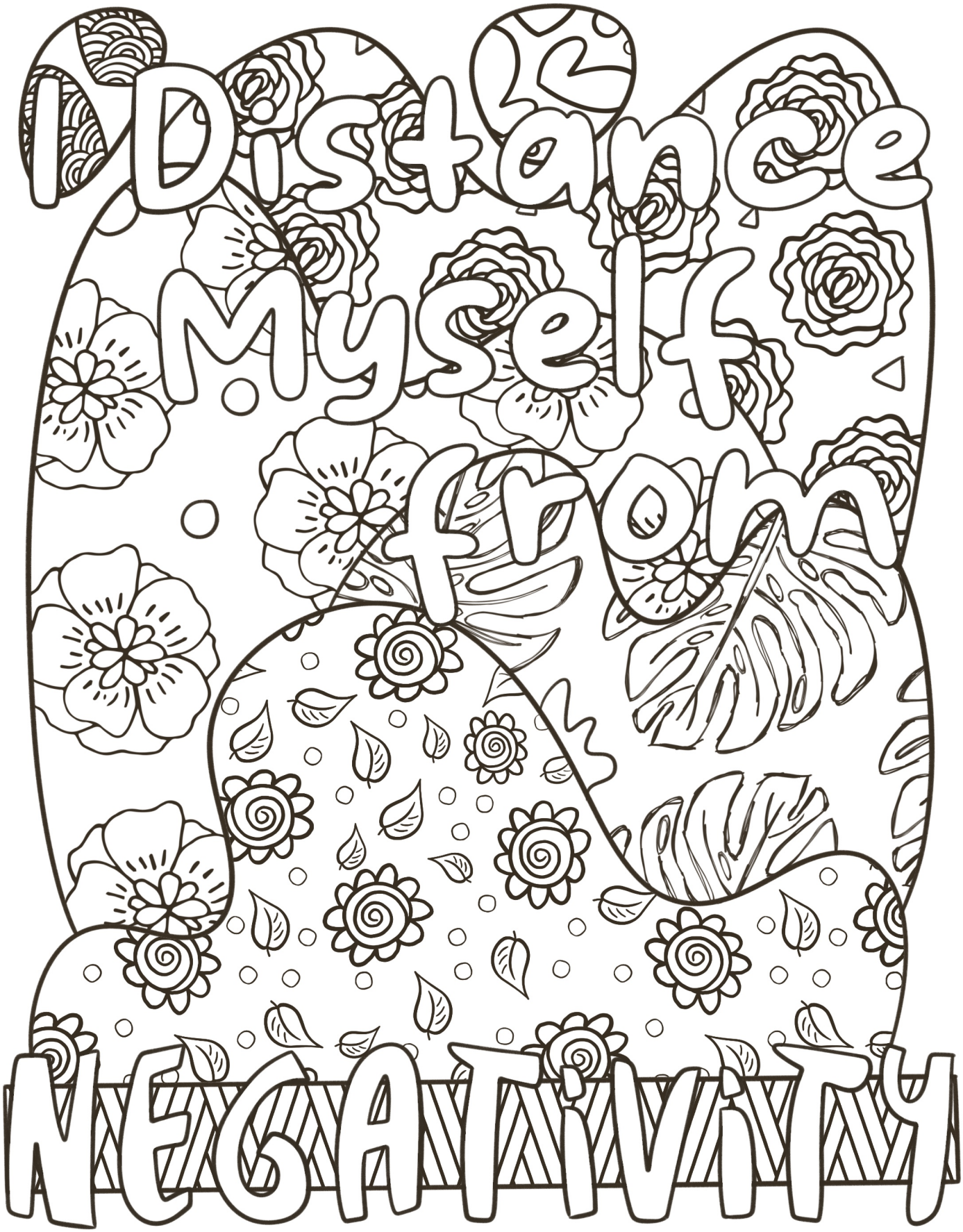

I Build
Strength

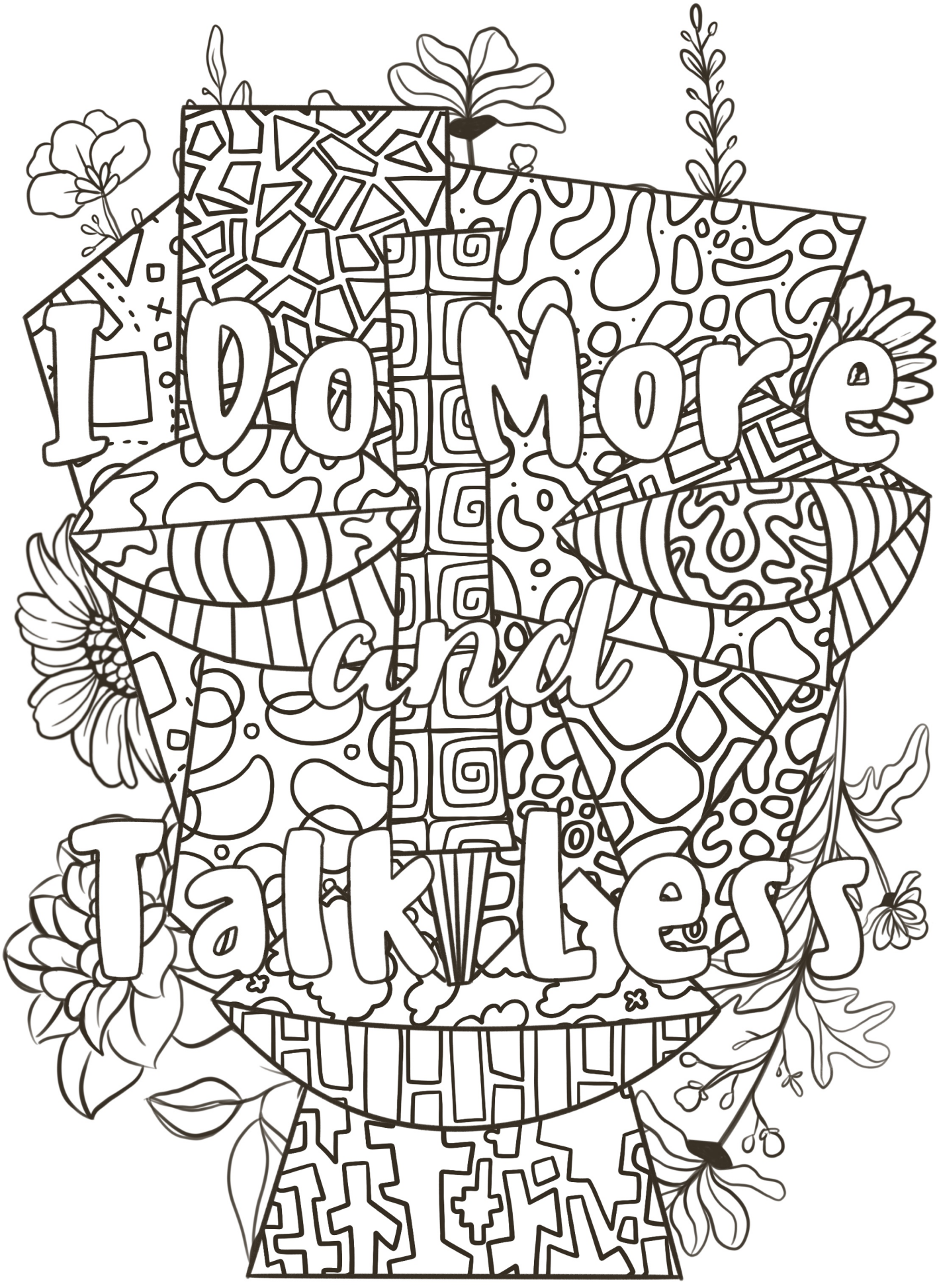

I CELEBRATE
BOTH small
AND LARGE
ACHIEVEMENTS


I choose
my Actions
Intelligently
and
Carefully

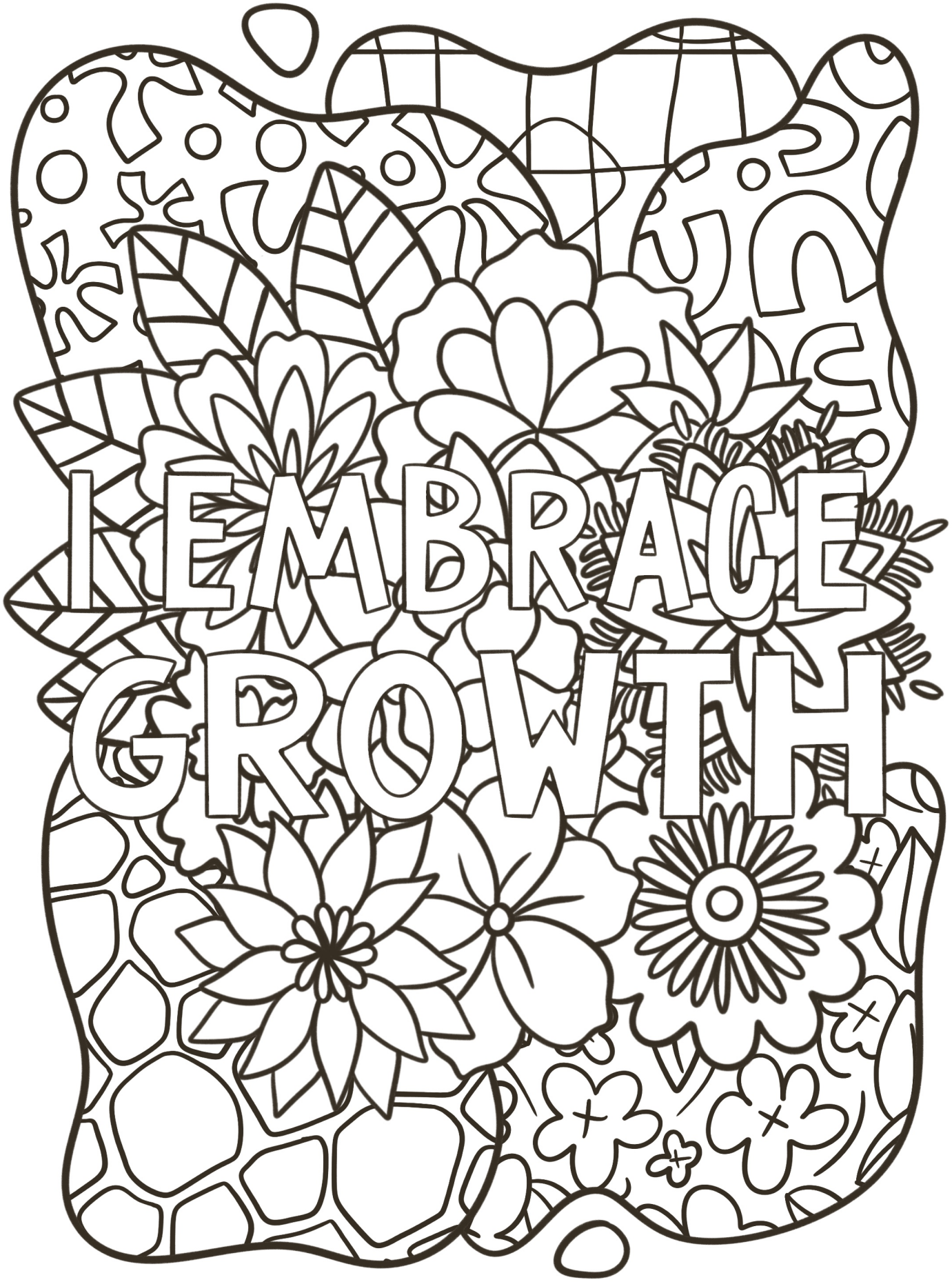

I CLEAR
MY MIND


I COMPLETE
WHAT
I START

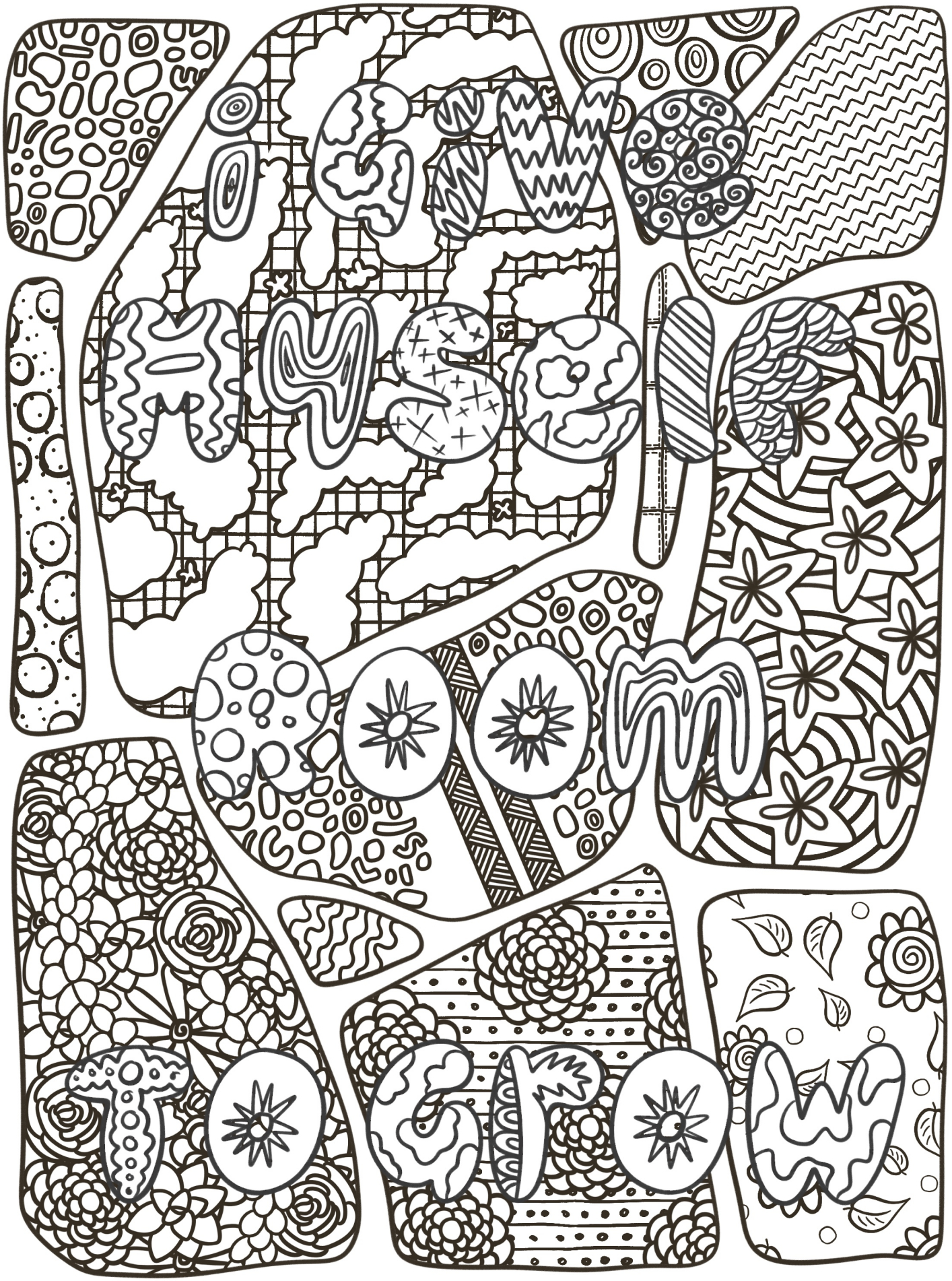

I Distance
Myself
From
NEGATIVITY

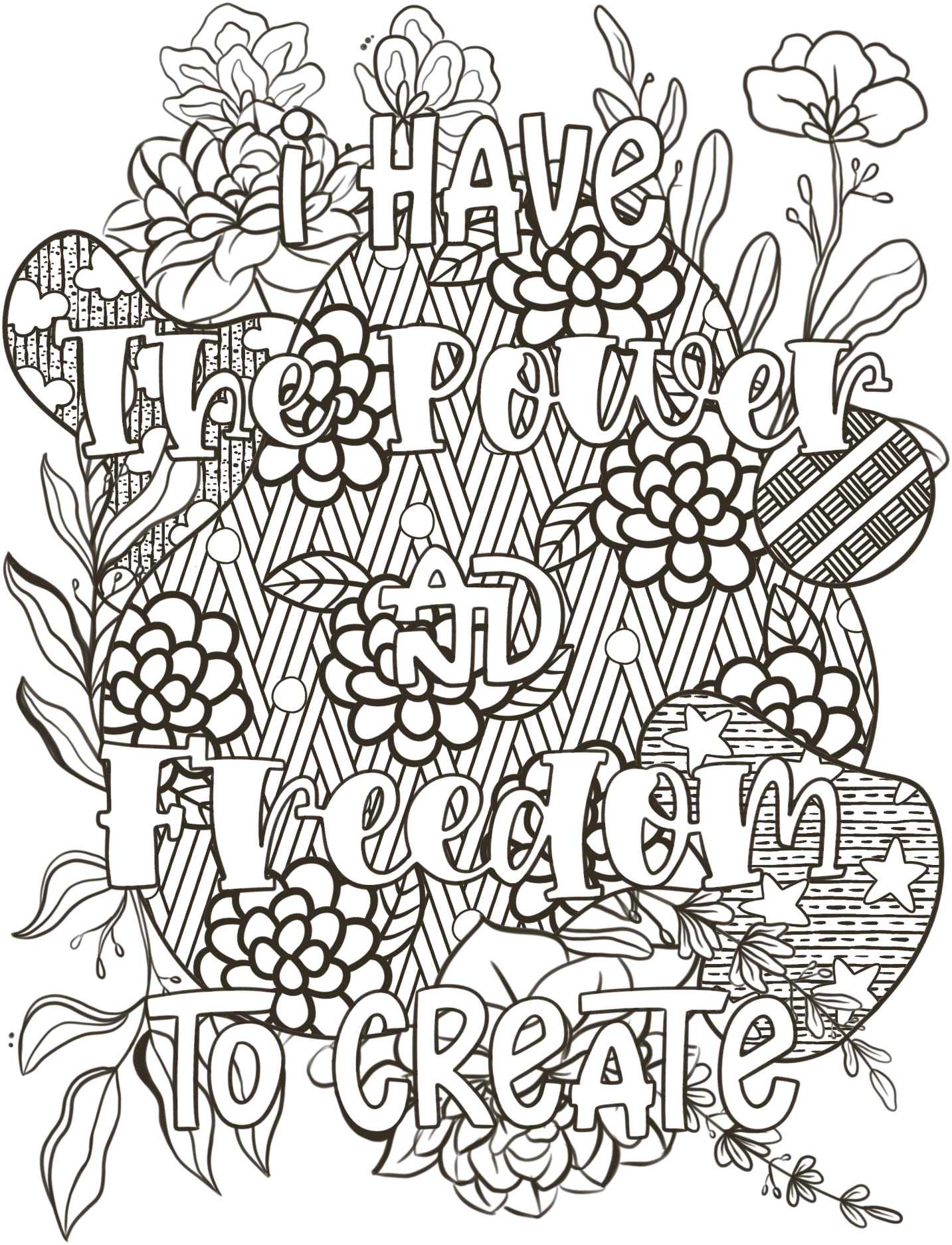

I Do More
and
Talk Less


I Do
My Part

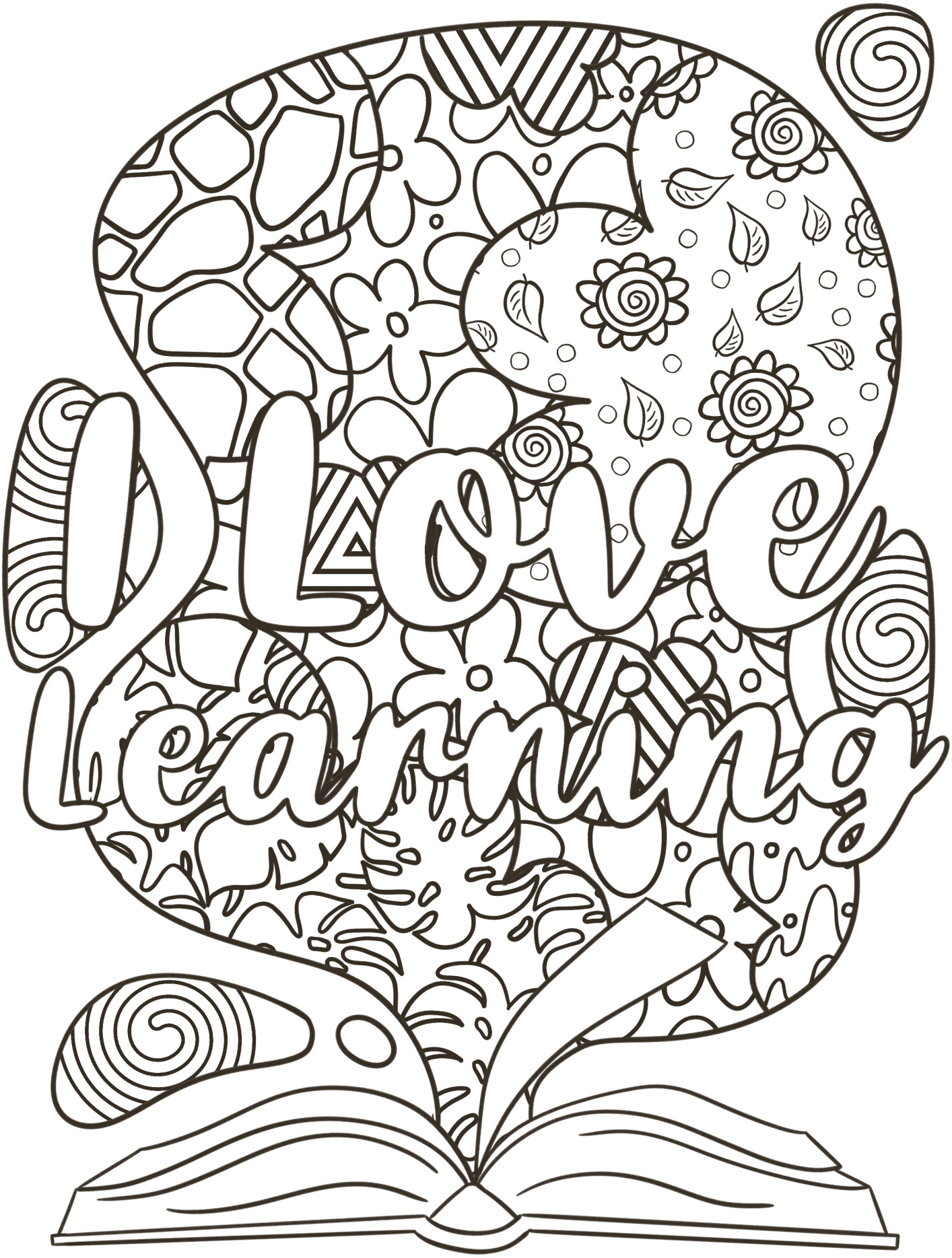

I EMBRACE
GROWTH

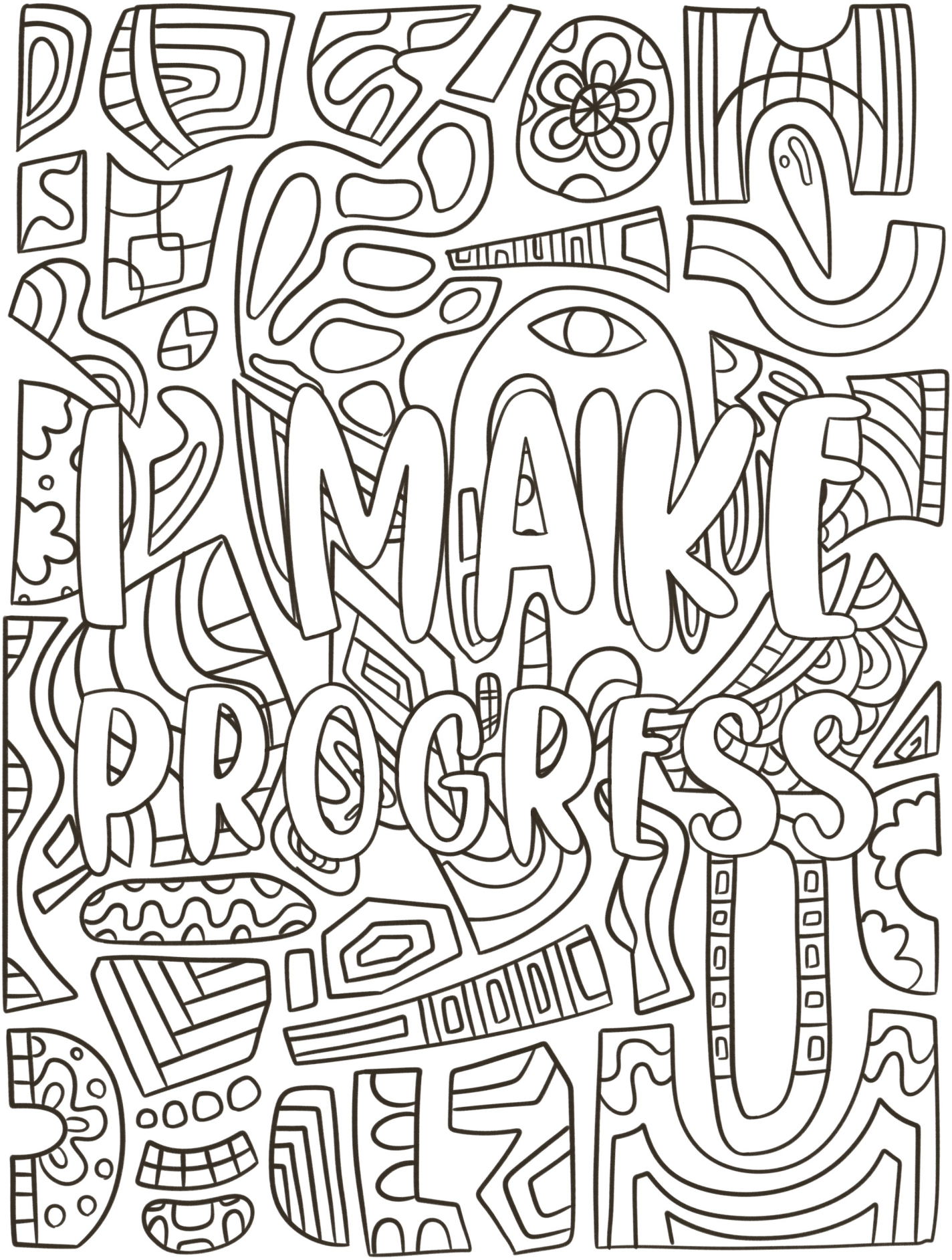

Embrace
Peace

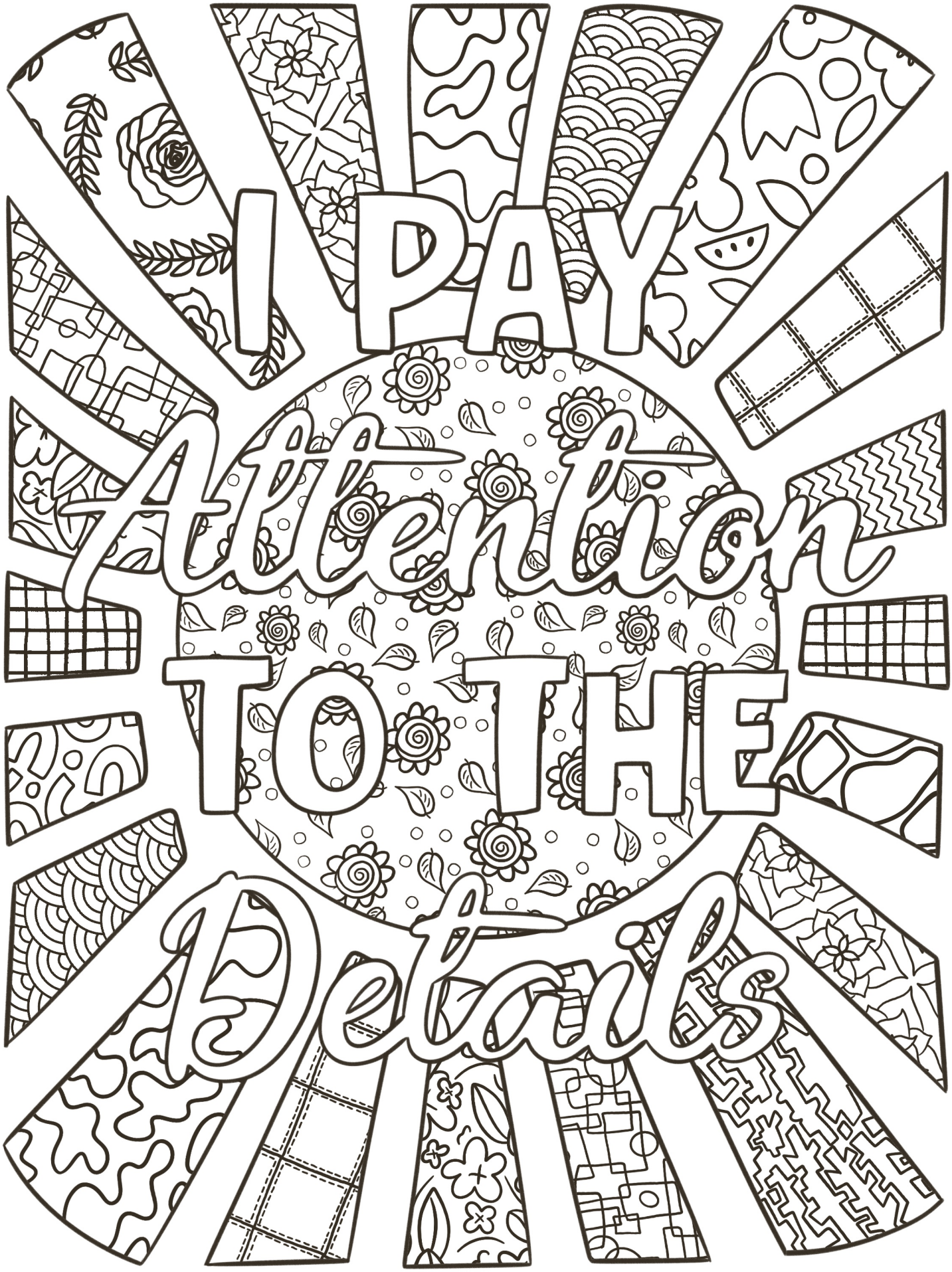



I HAVE
THE POWER
AND
FREEDOM
TO CREATE

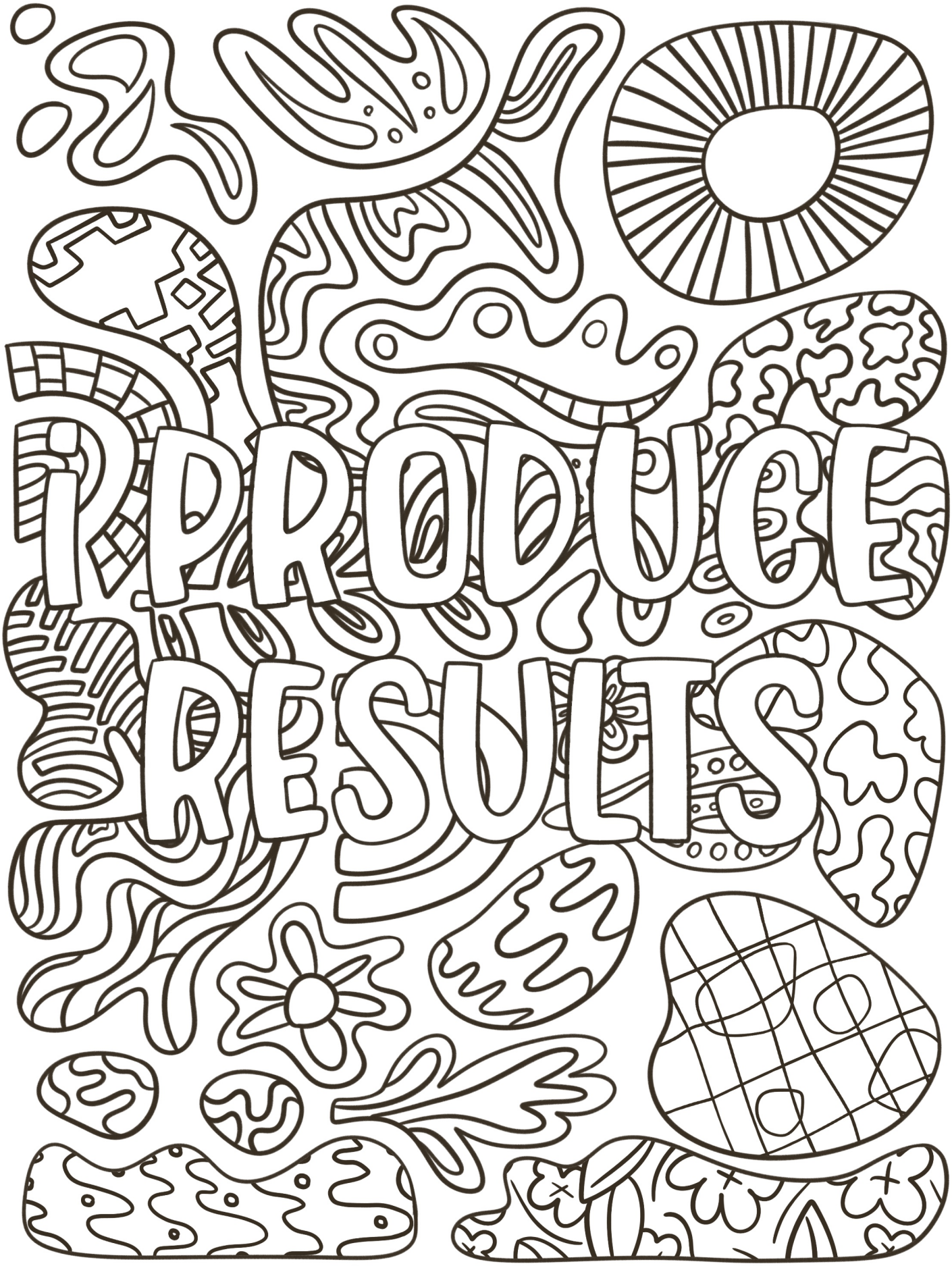

I KEEP
MY PROMISES

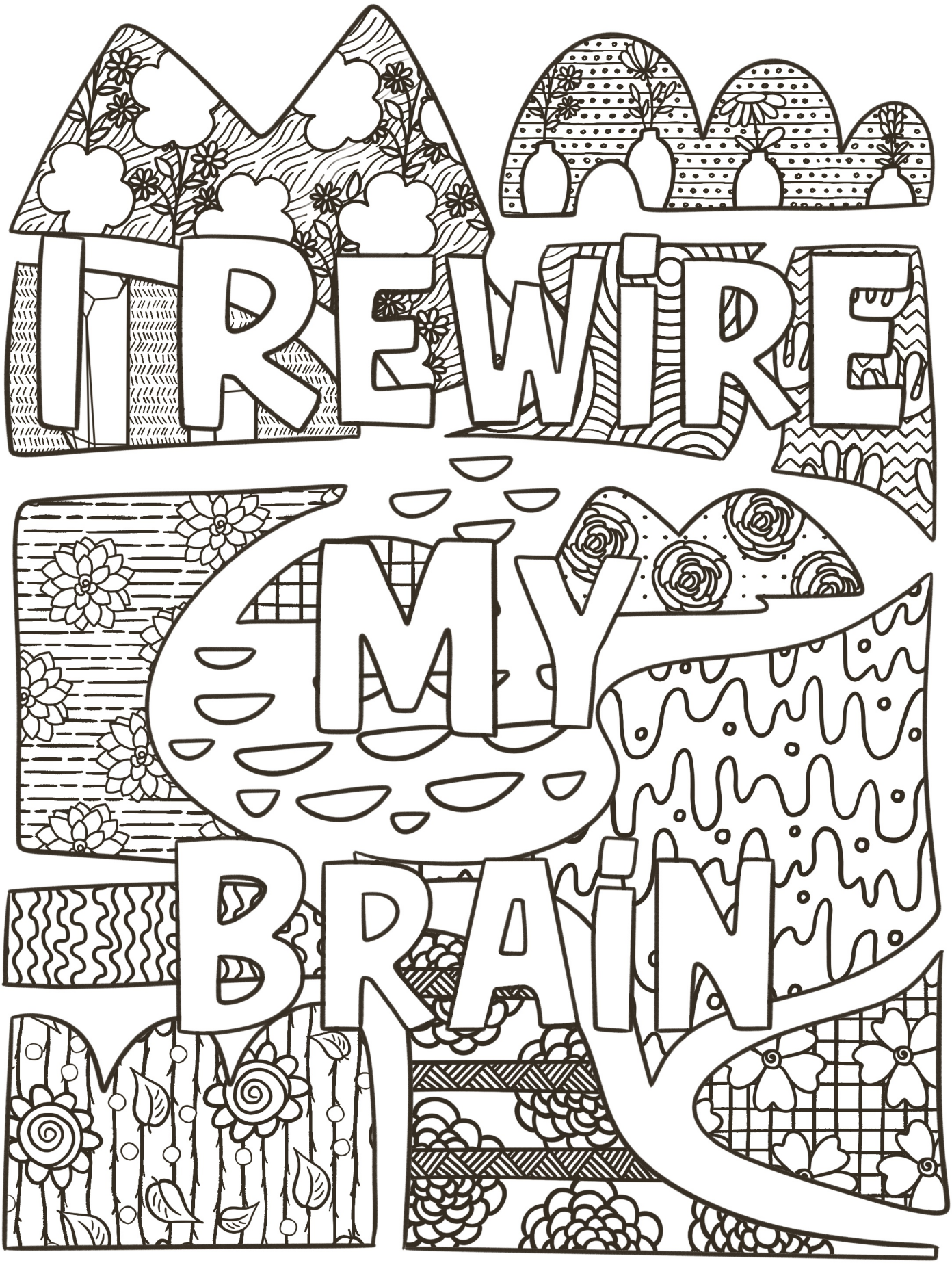

I love
learning

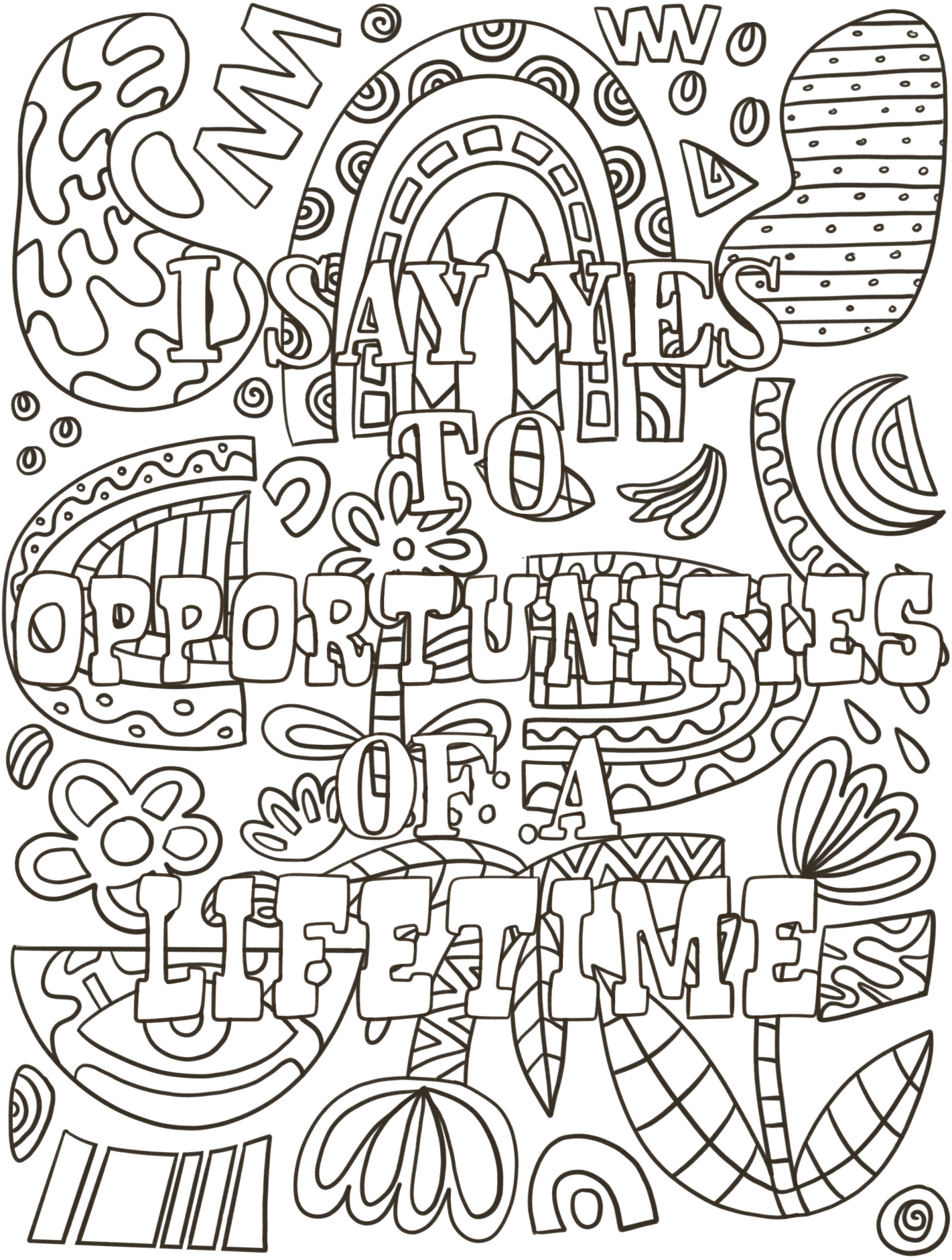

I MAKE
PROGRESS


I PAY
Attention
TO THE
Details


Plan
Ahead


I PRODUCE
RESULTS


I REWIRE
MY
BRAIN


I SAY YES TO
OPPORTUNITIES
OF A
LIFETIME


I
Speak
UP

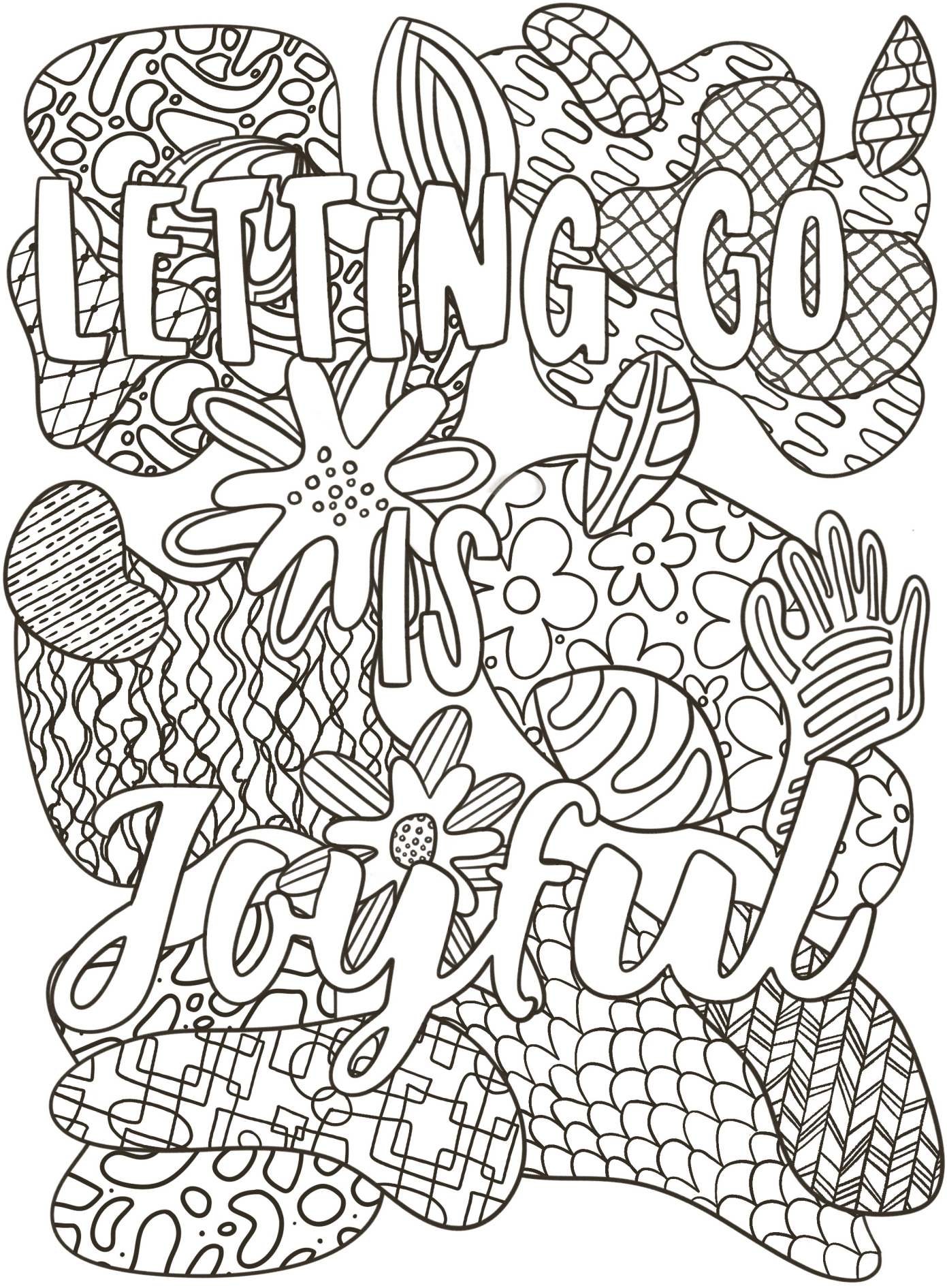

START
FRESH


I TAKE
ONE STEP
AT A TIME


I UNLOCK
MY POTENTIAL

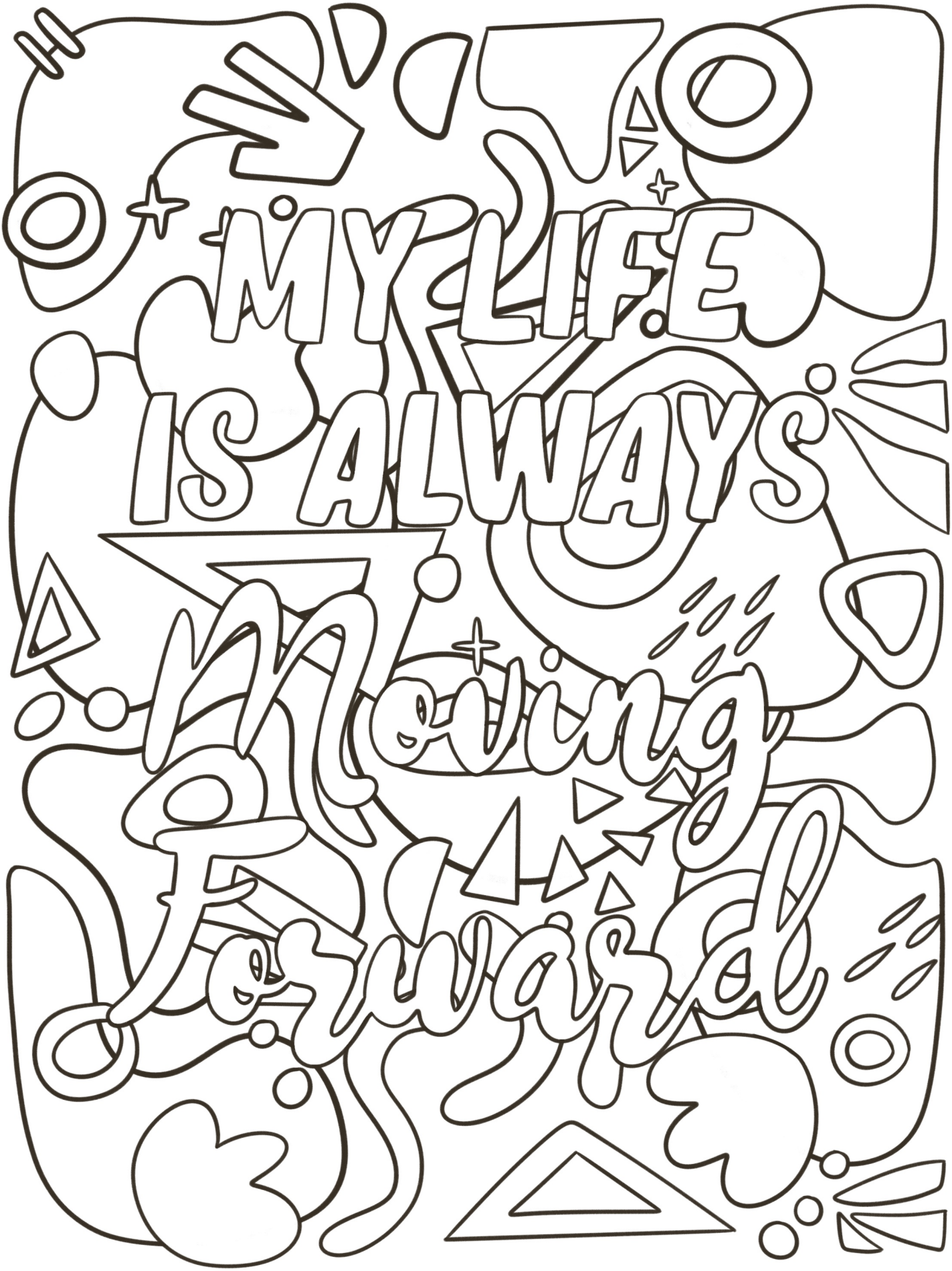

I Wait
Patiently

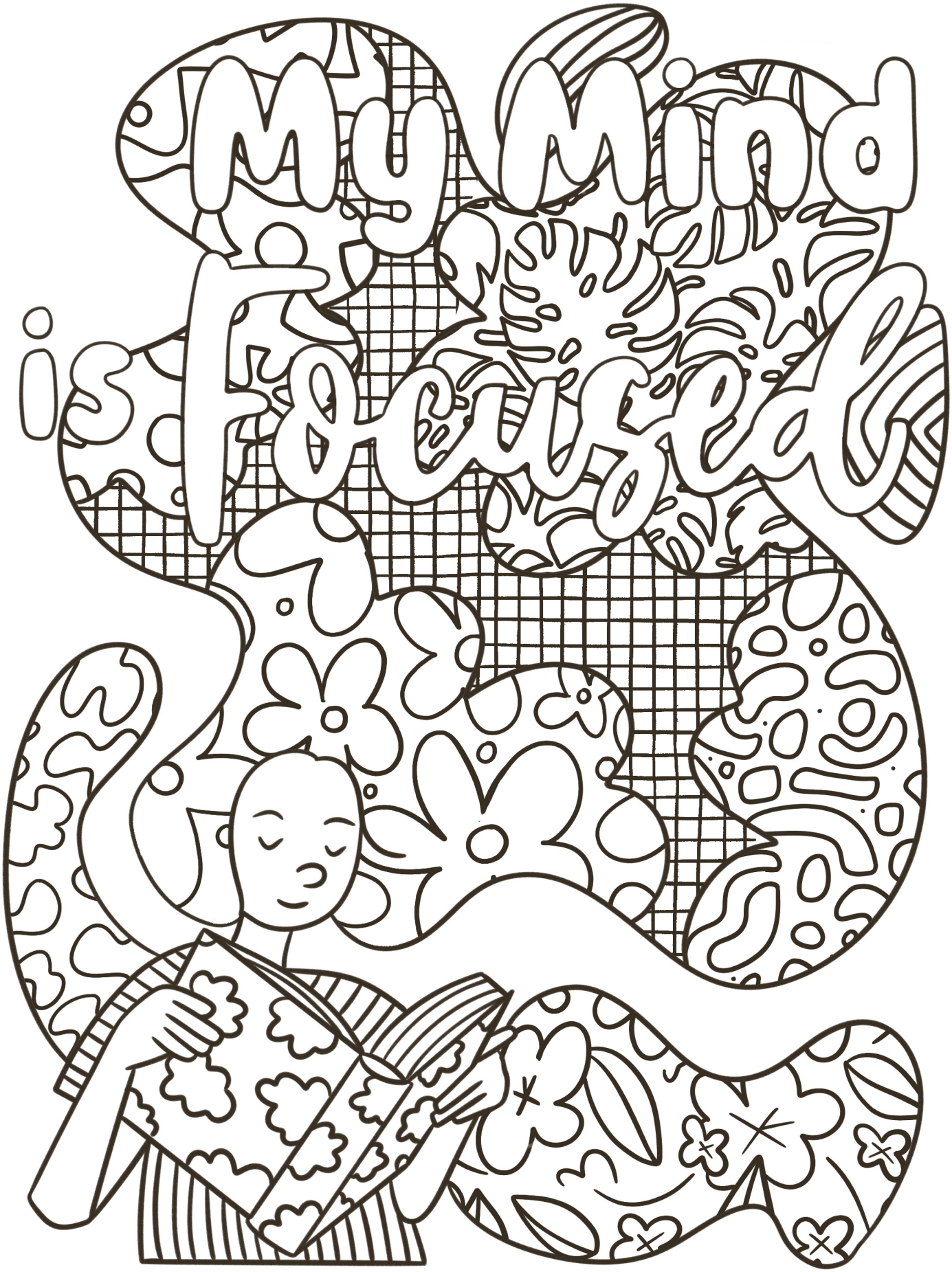

It is safe
For Me
To Be
My Best
Self


LETTING GO
IS
Joyful

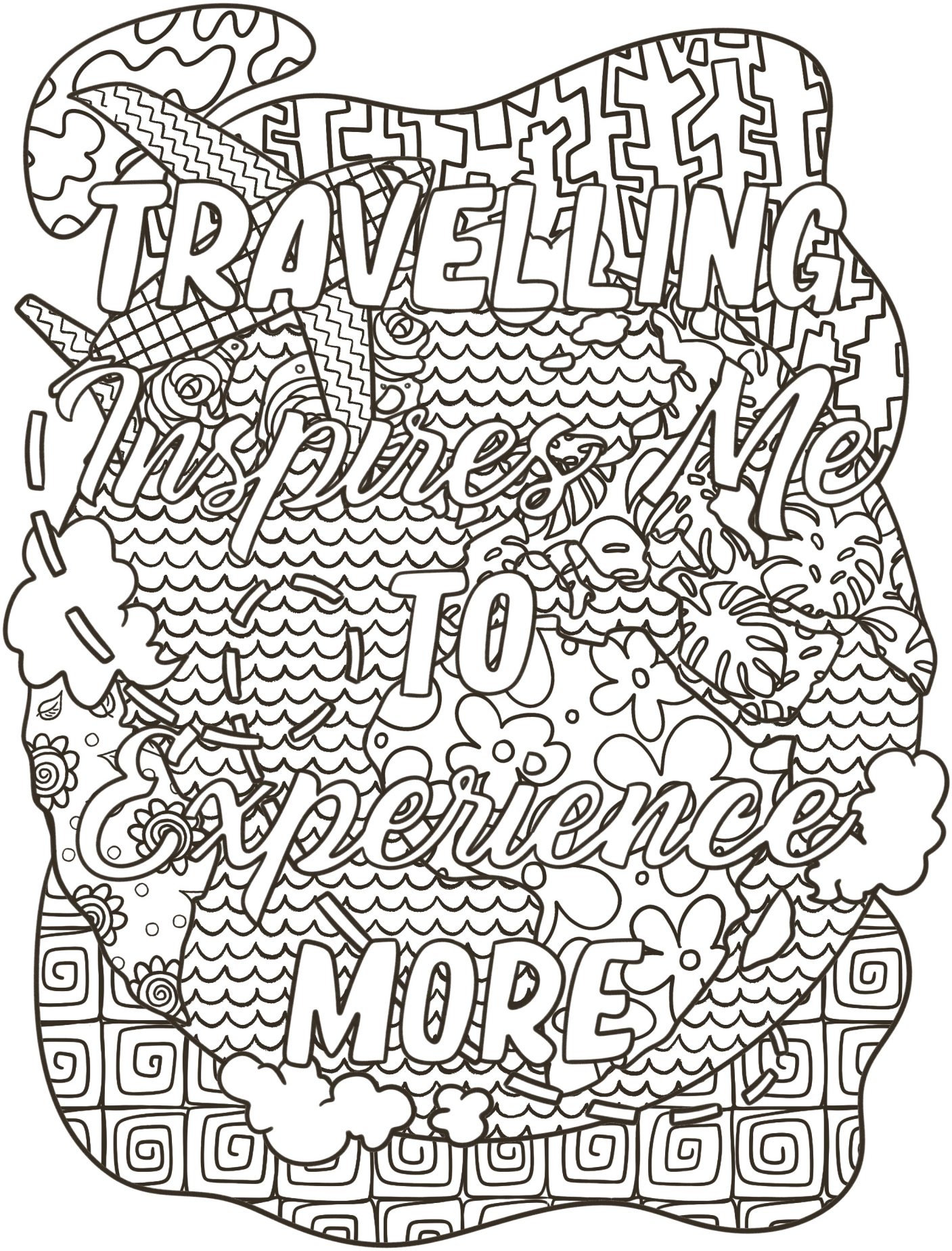

My
Concentration
Is Strong


MY IMAGINATION
is An Asset


MY LIFE
IS ALWAYS
moving
forward


My mind
is focused


MY MORNING
Routines
ARE SMART


TRAVELLING
Inspires Me
TO
Experience
MORE

