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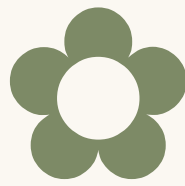
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Daily affirmations



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T O D A Y I C H O O S E T O B E L I E V E

affirmations

I am capable of more than I realise

I choose progress over perfection

I am worthy of good things

I face challenges with courage and calm

I am grateful for what I have

I trust the process

Today I will show up fully

R E P E A T U N T I L Y O U B E L I E V E I T

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