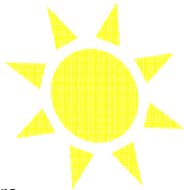


# Affirmations



Today will be full of exciting opportunities

I invite peace and harmony into my life

I am strong, capable and confident

I have the right not to seek the approval of others

I alone create joy and happiness in my life

In setbacks I think of positives first

I have the right not to take others problems on or make them mine

I have the right to say no without feeling guilty

I am a nice person. I love and approve of myself

No person, place or thing has any power over me. I am free