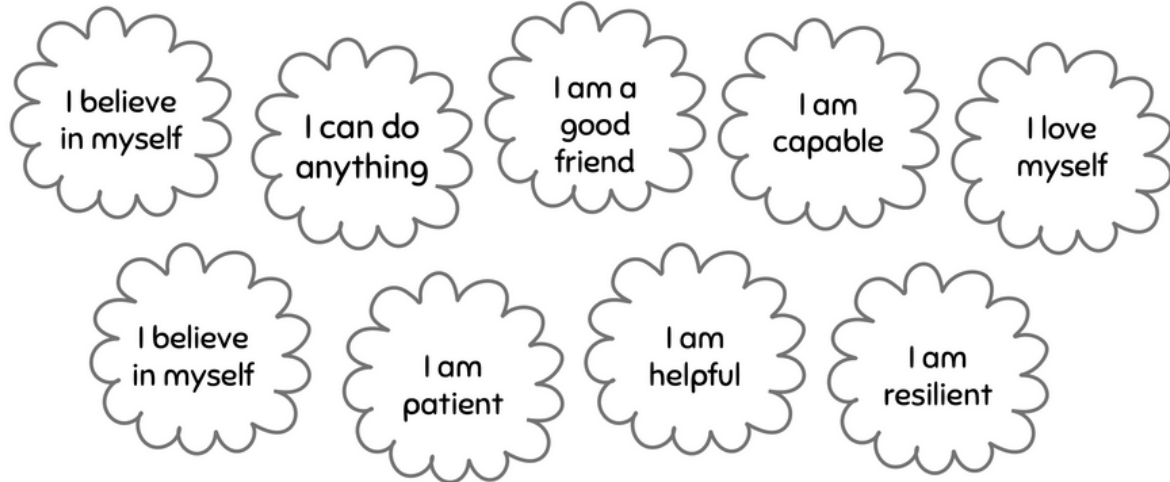


AFFIRMATIONS

In this exercise, you can write down affirmations for yourself. Here are some examples:



Affirmations for myself

1

2

3

4

5

6

