

An affirmation is a great way to invoke positive thoughts in your mind. Here are some examples: I am happy and grateful now that I... "Am the creator of my world," "love me!", "am non-judgmental to myself and others," "let go of all the lies I tell myself." Write down your affirmations in the words of it happening right at this moment.

Make many copies; carry one with you and place others around your home, so you have constant reminders of your new way of thinking. Believe it and you will receive it 😊



Rhona Parsons  
rhona@rhonaparsons.com  
www.rhonaparsons.com  
250-308-8616



AFFIRMATION CARD

I am so happy and so grateful now that I/am/have:

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