





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



I alone create joy and happiness in my life.



I am strong, capable and confident. Today will be full of exciting opportunities.

In setbacks
I think of positives
first.

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I live in the present and I am confident of the future. I invite peace and harmony into my life.

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I am a problem solver. I focus on solutions.

I trust myself to make the best decision for me.