Daily Affirmations

I am confident and comfortable in my own skin.

I am the best version of myself.

I welcome opportunities to learn and grow.

I'm so grateful for my healthy and strong body.

I love that my talents bring me success and joy.

I am surrounded by positive and happy people who support me.

I am co-creating with the universe.

Wealth, love and happiness are abundant in my life.

I am beautiful, confident and loved.

I see oneness everywhere I look.

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I see oneness everywhere I look. I have released my attachment to the desires of the ego.

I speak to myself with love and appreciation

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for Gentle Frog, LLC



