




I will dare to always  
be honest with myself  
and my loved ones  
about my feelings  
and aspirations.




I deserve everything  
good in my life now  
and what I aspire to  
become.



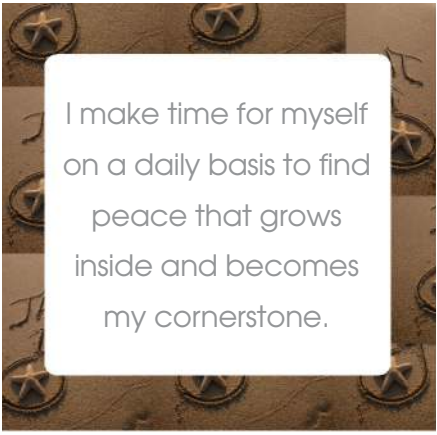
I love my body  
just as it is.



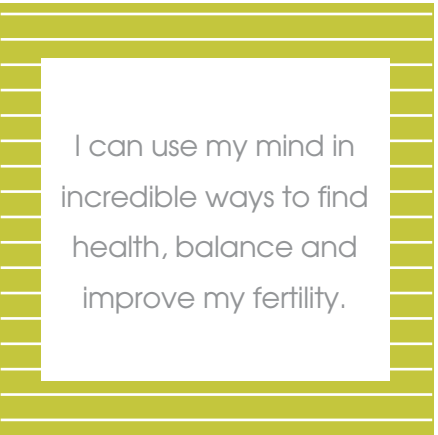
I find patience and  
perseverance can  
work hand in hand.



I seek to  
educate myself  
to empower  
and find lasting  
change.



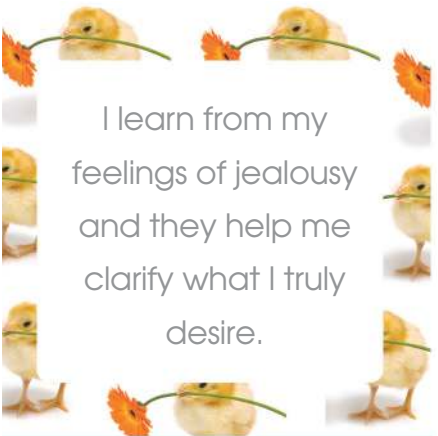
I make time for myself  
on a daily basis to find  
peace that grows  
inside and becomes  
my cornerstone.




I can use my mind in  
incredible ways to find  
health, balance and  
improve my fertility.




I have time now  
to reflect on the  
wonderful events  
that bloom  
before me.




I learn from my  
feelings of jealousy  
and they help me  
clarify what I truly  
desire.



I treat myself with  
kid gloves and  
nurture my spirit  
on a daily basis.



I do things I truly  
enjoy in life.



I forgive myself  
and others on a  
continual basis.