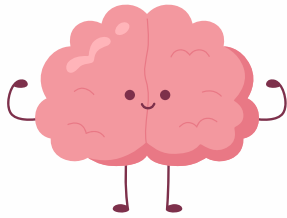


Daily Affirmations



I am smart



I am loved



I am kind



I have great ideas



I am strong



My feelings matter



I help others



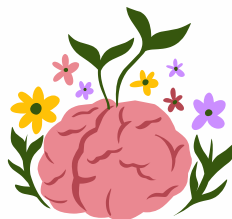
My words matter



I am enough



I can do hard things



I am mindful



I believe in myself

