



April Affirmations

TAKE A DEEP BREATH

I am so blessed in this moment.

I am safe.

I am healthy.

I am resilient.

I am loved by so many.

My life is changing, and I will embrace it.

My feelings of disappointment are valid.

My positive outlook will brighten my day.

My productivity does not define me.

My ancestors are protecting me.

I am exactly where I am supposed to be in this moment.

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