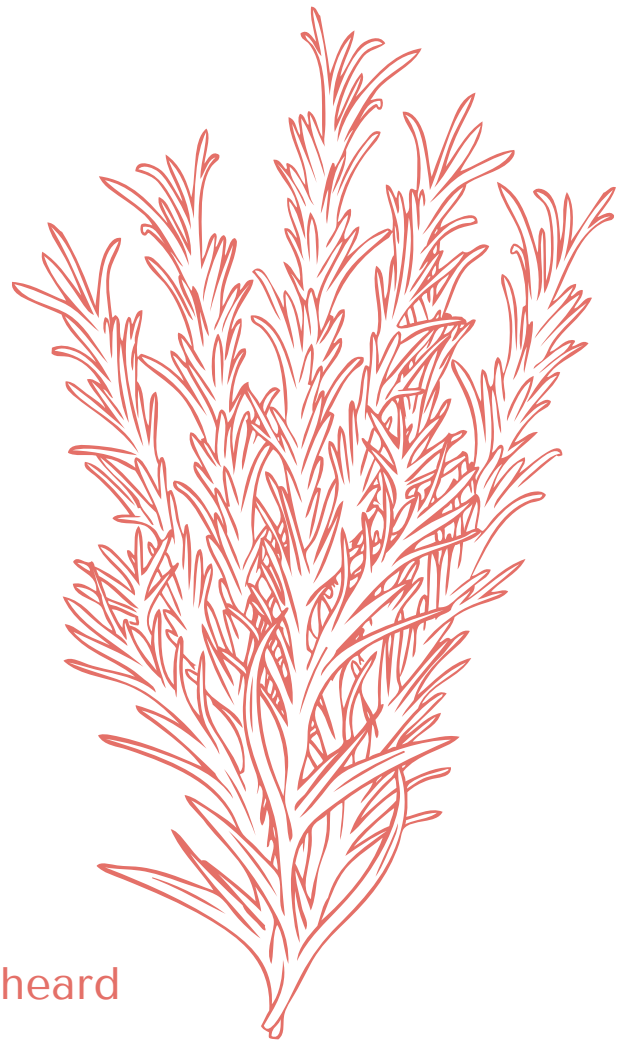
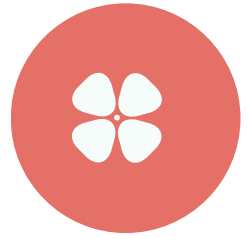


Healing Daily Affirmations

I am safe
I am strong
I see clearly
I am worthy
I am brave
I am fearless
I am resilient
I am powerful
I am my truth
I know my truth
I trust my truth
I speak my truth with ease
I move forward with grace
I accept myself
I love and accept myself
I am love
I am loved
I am lovable
I am entitled to joy
I am entitled to love
I am entitled to express myself and be heard
I am entitled to happiness
I sleep soundly and peacefully
I am valued
I am dream freely
I claim love
I claim my happiness
I claim respect
I claim my freedom



Kristen Darcy

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