

Affirmations for Mental Health!

I am ready.

My efforts help me succeed.

I can make a real difference.

My hard work will pay off.

I am strong.

I have the power to make the right choices for me.

I have faith in my abilities.

I got this.

I will practice self-kindness.

I will take action and accomplish my goals.

XOXO, AEB. 

SIP. READ. SHOP. HEAL.

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