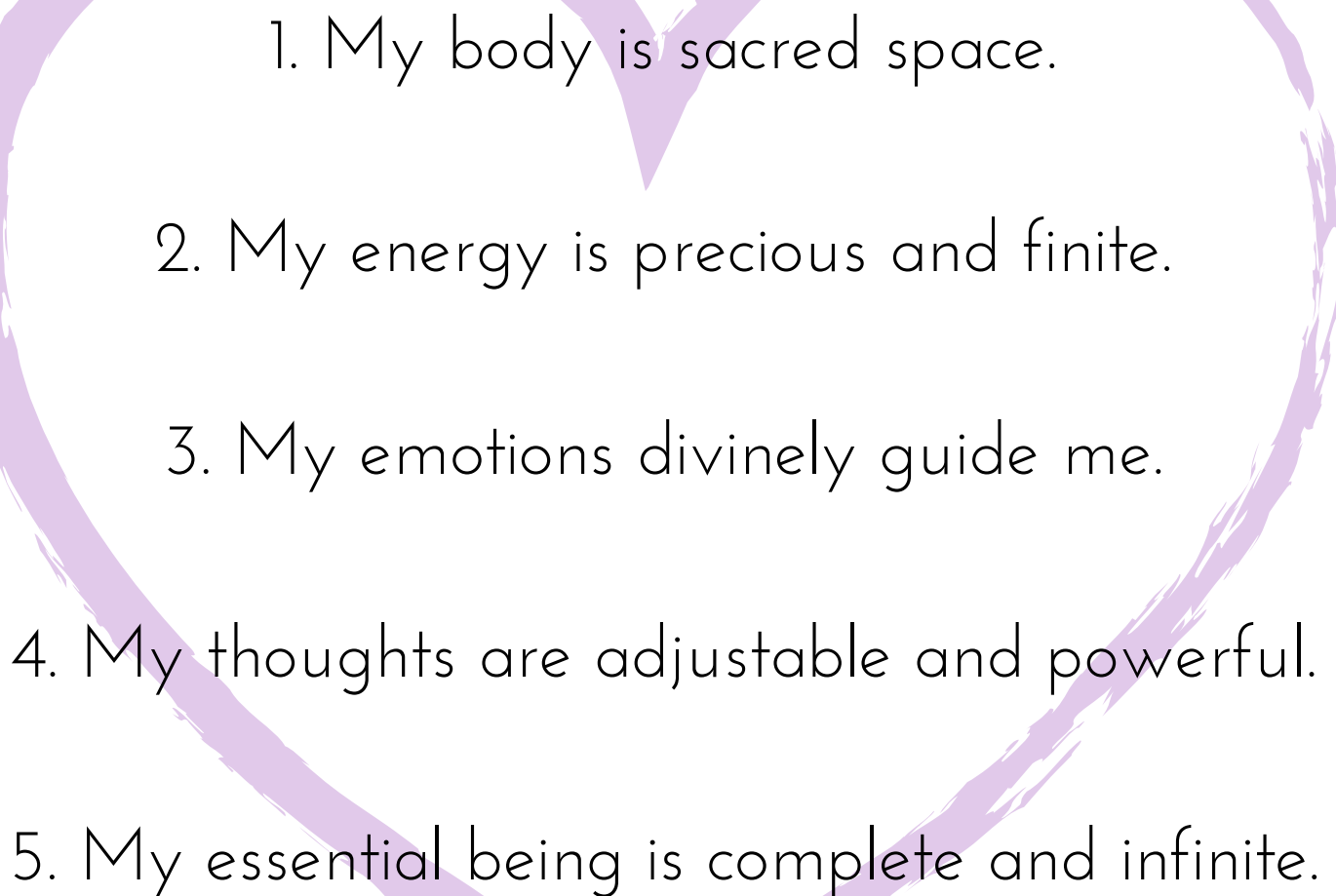


5 DAILY AFFIRMATIONS FOR ESSENTIAL SELF-ACCEPTANCE

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1. My body is sacred space.
 2. My energy is precious and finite.
 3. My emotions divinely guide me.
 4. My thoughts are adjustable and powerful.
 5. My essential being is complete and infinite.