

Courageous Affirmations wallet size card.

Cut out the entire card following the crop mark guidelines and then fold vertically down the centre. You can also laminate.

## *Courageous Living Affirmations*

- I listen with love to my body's messages.
- I feel the vibrant wellness in my body increase everyday.
- I am healthy, whole and complete.
- I am loving and lovable, and I find love everywhere.
- I live in harmony and balance with everyone I know.
- I love myself, therefore I attract loving people into my life.
- I love and approve of myself, and I am at peace.
- I release the past and I am free to love fully in the present.

## *Courageous Living Affirmations*

- I see gifts and opportunities in every situation I experience.
- I am blessed beyond my fondest dreams.
- I love my work and earn a good income.
- I work with people I like, who honour and respect me.
- I create my life. I deserve happiness and prosperity.
- I trust the process of life to bring only good to me.
- All is well in my world. I am safe.

*love joanna + taryn*

[www.courageousliving.net](http://www.courageousliving.net)