



Thank you for
my gifts, talents,
skills and
experiences



Being Happier by Kim Serafini
www.positiveprime.com



Thank you for
helping me to
be even more
playful

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I am always
improving



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A young man and woman are smiling and embracing each other at what appears to be a festival or outdoor event. The background is filled with bokeh lights and colorful bunting. The entire image is overlaid with a semi-transparent purple filter. The text 'It's incredibly satisfying' is written in white, with 'satisfying' in a larger, bold font.

It's incredibly
satisfying



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What are my core strengths?



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Be kind
be kind
Be kind



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I love the
tranquility



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I am
free



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Please help me to be
even more and much better



Thank you for
helping me to
be graceful



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I'm asking
for even
more and
much better

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Who can I
share with?



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A photograph of a young man and woman smiling and embracing each other at what appears to be a festival or outdoor event. The background is filled with colorful bokeh lights and string lights. The image is overlaid with a semi-transparent purple filter. The text "I connect to my heart" is written in white, sans-serif font across the upper portion of the image.

I connect to
my heart



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I am
willing
and
able



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A photograph of a man and a woman embracing each other in a field. Both have colorful paint splatters on their faces and bodies. The woman is wearing a white top and has her arms around the man's neck. The man is wearing a dark top and has his arms around the woman. The background is a soft-focus field of tall grass under a bright sky.

*Thank you for
helping me to
be positive*



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My life is a
masterpiece



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www.positiveprime.com



**It can
work**



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I contribute in a
long-lasting way



Thank you for
helping me to see
and
hear clever ideas



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Thank you for
helping me to
be thoughtful
and kind

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Take a slow
deep breath!



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A young man and woman are smiling and embracing each other at what appears to be a festival or outdoor event. The background is filled with colorful bokeh lights and string lights. The image has a purple overlay. The text "It's really amazing" is written in white, with "amazing" in a larger font.

It's really
amazing




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Thank you for
**helping me
to be
optimistic**



A man and a woman are shown from the chest up, embracing each other warmly. They are both smiling broadly and have their faces and bodies covered in vibrant, multi-colored body paint (pink, blue, yellow, purple). The woman is leaning her head against the man's shoulder. They are standing in a grassy field with a blurred background of trees and a bright sky, suggesting an outdoor festival or celebration.

*I am
trustworthy
and
faithful*



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I feel
rejuvenated



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**Get it
done!**



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Changing is simple,
quick and enjoyable



Thank you for
my optimal
health & vibrancy



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Thank you for
helping me to
be
down-to-earth

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Easier



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A photograph of a young man and woman smiling and embracing each other at night. The background is filled with bokeh lights and colorful bunting flags. The image is overlaid with a semi-transparent purple filter. The text "Thank you for my home" is written in white, with "my home" in a larger font size.

Thank you for
my home



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How can I
**make some
feel better
today?**





*I am blissfully
happy*



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I am
enriched



**I am
loyal**



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Allow it to occur
naturally

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I respect
and
cherish myself



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I make
decisions
quickly and
courageously

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Who can I
motivate?



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I can
relax and allow



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I am always
**moving
forward**



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*I have a sparkle
in my eye*



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It's
possible



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**I will
work**



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I am focused
on my happiness



I am open

to receiving even
more and much
better



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I follow through and follow up

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www.positiveprime.com

I am always
generous



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I love Learning




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Thank you for
**helping me
to be
empathetic**



A photograph of a man and a woman embracing in a field. Both have their faces and bodies covered in colorful body paint (pink, yellow, blue, purple). They are smiling and looking towards the camera. The background is a blurred field under a bright sky.

*I am
unique
and
special*



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I am
healthy



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I am
flexible



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I am perfect the way
I am now



I commit to
being of greater
benefit to
more people



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Thank you for
helping me
to see and
hear laughter

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I am
connected



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A young man and woman are smiling and embracing each other at what appears to be a night festival or fair. The background is filled with colorful string lights and a purple overlay. The text "I am in love" is written in white, bold, sans-serif font across the upper middle of the image.

I am
in love



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Thank you for
**allowing
me to be
helpful**



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I am
considerate



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Breathe



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**It is
working**



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Transformation is simple,
quick and enjoyable



Thank you for
helping me to be
diplomatic and
caring



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Thank you for
helping me to
see and
hear praise

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I feel like
I'm glowing



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A young man and woman are smiling and embracing each other at what appears to be a festival or outdoor event. The background is filled with colorful bokeh lights and string lights. The image has a purple overlay. The text "I love feeling free" is written in white, with "free" in a larger font.

I love feeling
free



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Thank you for
allowing me
to be
inspiring





*Who can I
connect
with today?*



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I am in
the flow!



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**I make it
work**



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My contribution
is appreciated



Thank you for

helping me to be
determined and
persistent



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Thank you for
helping me to
be
patient & calm

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Ahhhhh...
bliss...



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I love
the serenity



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Thank you for
**helping me
to be
focused**



A man and a woman are shown from the chest up, embracing each other. They are both smiling broadly and have their faces and bodies covered in colorful body paint in shades of pink, yellow, blue, and purple. The woman is leaning her head against the man's shoulder. They are outdoors in a field of tall grass under a bright, hazy sky.

*I am open to
infinite
possibilities*



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Pleasure



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**I feel
lighter**



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I contribute in a
marvelous way

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I am focused

on enjoying
and improving
my wellbeing



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A photograph of a woman with blonde hair smiling and holding a young child who is laughing joyfully. The scene is brightly lit, suggesting an outdoor setting. In the background, there is a large, semi-transparent thumbs-up icon in shades of pink, purple, and blue.

How can
I contribute
even
more?

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Who can I
encourage?



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A photograph of a young man and woman smiling and embracing each other at what appears to be a festival or outdoor event. The background is filled with colorful bokeh lights and string lights. The entire image is overlaid with a semi-transparent purple filter. The text "My heart is full" is centered in the upper half of the image in a white, sans-serif font.

My heart
is full



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I do what
is in our
collective
best
interests



A man and a woman are shown from the chest up, embracing each other. They are both smiling broadly. Their faces and bodies are covered in colorful paint splatters in shades of blue, yellow, pink, and purple. The woman is wearing a white top and several colorful bangles on her wrist. The background is a soft-focus field of tall grass under a bright sky.

*It's great to be
in action*



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I am
worthy



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I am
at cause



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I am a great, loyal,
reliable and fun friend



What's important to me?



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Appreciation
of what I have
brings me more
of what I want

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I know I can
do it



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Why I am in love?



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Laugh!
Go on
laugh more...
Share your
smiles!





*I light up
the room
when I enter*



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I am
influential



**I face
reality**



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I have
infectious energy

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I am
clever & apply
myself
conscientiously



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I am more
than enough
right here
right now

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Yippee



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I am clear about
my goals



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What am I
**grateful
for?**



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A man and a woman are shown from the chest up, embracing each other warmly. They are both smiling broadly and have their faces and bodies covered in vibrant, multi-colored body paint (including shades of pink, blue, yellow, and purple). The woman is leaning her head against the man's shoulder. They are standing in a grassy field with a blurred background of trees and a bright sky, suggesting an outdoor festival or celebration.

*I'm on a
meaningful
mission*



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I
succeed!



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**I have
vitality**



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Please help me to offer
even more and much better



Thank you for
the abundance
of opportunities



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The more
love we feel
the greater
our power

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What can I
learn today?



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A young man and woman are smiling and embracing each other at what appears to be a night festival or fair. The background is filled with colorful bokeh lights and string lights. The image has a purple overlay. The text "I am grateful for it working" is written in white, with "it working" in a larger, bold font.

I am grateful for
it working



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I totally and
unconditionally
love myself
just the
way I am





*Thank you for
my strengths*



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Who can I
support?



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I am
gr8ful!



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I am clear about
my objectives



What's my contribution to the world?



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I am always
enjoying
the
moment

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I am
intuitive



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A young man and woman are smiling and embracing each other at what appears to be a night festival or fair. The background is filled with colorful string lights and a purple overlay. The text "I am honest" is written in white, bold, sans-serif font across the upper middle of the image.

I am
honest



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Thank you for
**helping me
to be
loving**





*I am
supremely
supported*



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I create
time for me



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I am
smart



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I'm on the right
course

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Thank you for
helping me to
be sensitive



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Laugh!
Smile!
Laugh!
Smile!

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Thank you for
my family



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We're all in this
together!



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I am
appreciative
of receiving
even more and
much better





*How do I keep
creating
miracles?*



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I am
resourceful



**How can I
become
even
better?**



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It's getting
better and better

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What is meaning to me?



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My life is
Excellent
Brilliant
Fabulous

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Thank you for
my friends



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It's rewarding



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They feel me
listening
with my
whole
being





*Inspiration
comes easily
when I'm
in action*



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I am
peaceful



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**I value
myself**



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Life is absolutely
wonderful

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Thank you for
the sensational
solutions



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Thank you for
helping me to
be gentle
yet strong

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I am
delighted



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Forgiveness brings peace



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It's fulfilling,
satisfying
and
richly
rewarding



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*What can I be
generous
with today?*



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I am
deserving



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**Thank you
for
helping
me to be
better than
I thought**



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I contribute in a positive,
meaningful and enduring way



I am
responsible
and
also responsive



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A close-up photograph of a woman with blonde hair smiling broadly, holding a young child who is laughing joyfully. The background is bright and slightly blurred. On the right side of the image, there is a large, semi-transparent thumbs-up icon in shades of pink, purple, and blue. The text 'It has worked, it does work and it will work!' is overlaid on the right side in a red, sans-serif font.

It has worked,
it does work
and
it will work!

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I am truly
confident



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A photograph of a young man and woman smiling and embracing at a night festival. The background is filled with colorful string lights and a purple overlay. The text "I am Loving" is centered in white.

I am
Loving



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Thank you for
**the
stunning
sunsets
I've seen**



A man and a woman are shown from the chest up, embracing each other warmly. They are both smiling broadly and have their faces and bodies covered in vibrant, multi-colored body paint (pink, blue, yellow, purple). The woman is leaning her head against the man's shoulder. They are standing in a grassy field with a blurred background of trees and a bright sky, suggesting a sunset or sunrise. The overall mood is joyful and affectionate.

*I am
compassionate
and
kind*



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I do what is
best for me



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Who can I assist?



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Please help me to create
even more and much better



Thank you for
helping me to see
and
hear wise counsel



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Thank you for
helping me
to be
understanding
& respectful

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More



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A young man and woman are smiling and embracing each other at what appears to be a night festival or fair. The background is filled with colorful string lights and a purple overlay. The text 'It's delightful!' is prominently displayed in the center.

It's
delightful!



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Who can I
compliment
in a sincere
and genuine
way today?



A photograph of a man and a woman embracing in a field. Both have their faces and bodies covered in colorful body paint (pink, yellow, blue, purple). They are smiling broadly. The background is a soft-focus field of tall grass under a bright sky.

*I am
safe
and
protected*



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I am
compelling



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Who can I help?



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Who can I show
my appreciation for?



Thank you for
my awe-inspiring
body



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How did
my life
become so
magical?

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How can I be
my very best?



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Happy



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I create
peace



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*I follow my
inner
guidance*



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Joy



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Who can I inspire?



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I am kind,
caring and compassionate



What is significant to me?



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I am nurtured and nurturing

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I am always
successful



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A young man and woman are smiling and embracing each other at what appears to be a night festival or fair. The background is filled with colorful string lights and a purple overlay. The text "I freely express love" is written in white, with "love" in a larger font.

I freely express love



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Thank you for
**helping me
to be
empowering**





*I am aligned
with the
right people*



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I am
whole



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I listen



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I surrender to
the unexpected

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I've learned
some powerful
lessons



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Thank you for
helping me to
be
amazing

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Simplify



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| contribute



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Thank you for
helping me
to be
exquisitely
prepared





*Thank you for
helping me to
be passionate*



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It's a whole
lot easier



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**I honor
myself**



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I'm graciously asking for
what I want and need



I am treating
myself very well



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Thank you for
helping me to
be
easy going

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Who can I
contribute to?



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A photograph of a young man and woman smiling and embracing at a night festival. The background is filled with colorful string lights and a purple overlay. The text "I am pleased" is written in white, with "I am" in a smaller font and "pleased" in a larger, bold font.

I am
pleased



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I am in
command



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*I enthusiastically
recommend
to others what
serves me*



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Thank you for
**helping me
to be
organized**



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**Thank you
for
helping
me to be
joyful and
cheerful**



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Thank You Thank You Thank You
Thank You Thank You Thank You



Thank you for

helping me
use my talents



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Life is an
exciting
adventure.
I'm loving it!

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What can I do
to motivate
myself?



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A photograph of a young man and woman smiling and embracing at what appears to be a festival or outdoor event. The background is filled with colorful bunting and bokeh lights. A semi-transparent purple overlay covers the top half of the image, where the text is placed.

My life is
fun




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I easily
capture
their
complete
attention





*I am understood.
I have connected
with my
soulmates.*



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Life is so
much better
than just
great



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**My life is
balanced**



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I'm achieving
my purpose

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What
do I really
want now?



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Thank you for
helping me to
be
bright

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What can I do
to inspire
myself?



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My imagination is on fire




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Please ensure
I receive
**the resources
necessary
before
I need them**




A man and a woman are shown from the chest up, embracing each other. They are both smiling broadly and have their faces and bodies covered in colorful body paint in shades of pink, yellow, blue, and purple. The woman is leaning her head against the man's shoulder. They are outdoors in a field with a blurred background of trees and a bright sky.

*I am
purposeful
and
powerful*



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Thank you for
**helping me
to be
disciplined**



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**I value
my time**



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How can I show my appreciation?

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Thank you for
giving me
real hope



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I am being
moved
toward
magnificence

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A photograph of two young women sitting on a balcony ledge, laughing joyfully. The woman on the left is wearing a white and blue patterned shirt and dark jeans, holding a white coffee cup. The woman on the right is wearing a dark blue top and a light-colored skirt, with her arm around the other woman's shoulder. The background shows a blurred cityscape through a glass railing.

Thank you for
helping me to
effervescent



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Gratitude Gratitude Gratitude



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Why am I
so good
at asking
for help?





*I'm asking
for assistance,
encouragement
& support*



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Relax



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**It has
worked**



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Who do I appreciate?

Why?

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Higher and higher



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I have all the
time and energy
I need for all
that's significant,
important
and urgent

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A photograph of two young women sitting on a balcony, laughing and talking. The woman on the left is holding a white coffee cup. They are both smiling broadly. The background shows a blurred cityscape through a glass railing.

Thank you for
helping me
to be charming



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I'm asking for appreciation
and
acknowledgement



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Thank you for
helping me
to be
committed &
conscientious





*Thank you for
the love I am
experiencing*



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Dream



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I am
calm



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I am clear about
my intentions



Thank you for

helping me to
be enthusiastic



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I'm learning
some powerful
lessons and
applying the
wisdom

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Thank you for
helping me to
give and receive



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A young man and woman are smiling and embracing each other at what appears to be a festival or outdoor event. The background is filled with colorful string lights and a purple overlay. The text "What can I do that's creative today?" is written in white, with "today?" in a larger font size.

What can I do that's creative
today?



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I am focused
on helping
others to
create their
own happiness





*Thank you for
guiding me to use
my strengths for
maximum effect*



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Peace



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**I love
life**



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Thank you for helping me
to be humble



It's a
win, win, win win
for me, others,
our future & the
environment

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I am constantly
learning & energised by it