

Cut out these cards and carry in your purse or tape them to your mirror!

Mirror Card

<u>Denials</u>	<u>Affirmations</u>
<ul style="list-style-type: none">• My worthiness and acceptance are not dependent on others	<ul style="list-style-type: none">• i deserve to be supported by those who care about me
<ul style="list-style-type: none">• I remove any limitations on physical lack	<ul style="list-style-type: none">• I am joyfully alive, nourished, and evolving
<ul style="list-style-type: none">• There is no reason to limit time to enjoy life	<ul style="list-style-type: none">• I enrich my life by creating time for fun and play
<ul style="list-style-type: none">• There is no limit to the love that can be found in many ways	<ul style="list-style-type: none">• The more I love myself, the more I can love others
<ul style="list-style-type: none">• I pull out the weeds in my mind of lack of success	<ul style="list-style-type: none">• I take pride in what I've accomplished and look forward to the next step