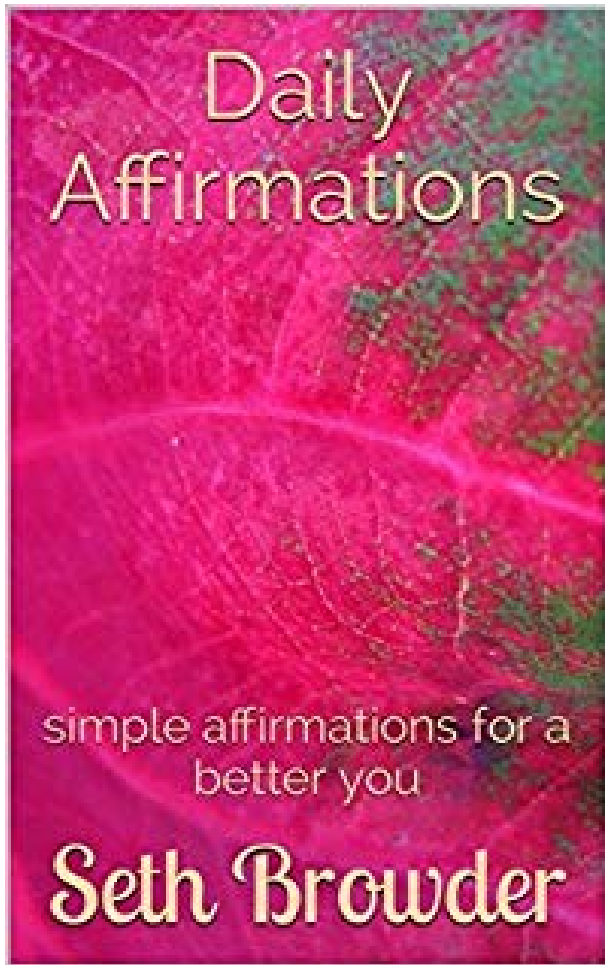


# Daily Affirmations: simple affirmations for a better you



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A personal challenge for everyone to try, I've tried it and I have tried it with several people and the results have been pretty fantastic. I wanted it simple, straight to the point & easy to visualize. Over the next 90 days skim through and randomly pick an affirmation for the day and say it to yourself in the mirror to start your day then through out the entire day, doing this daily, each affirmation different, easy to remember, and a simple way to self-manifest.