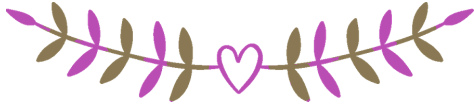


AFFIRMATIONS

I have many goals and dreams and I can achieve them.



I am courageous and fight to live each day with joy.



I can thrive, not just survive.



My health challenges make me a warrior.



Happiness is a choice.

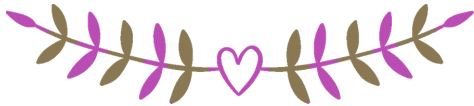


My potential for happiness is not limited by my chronic illness.



AFFIRMATIONS

I embrace new challenges
and try new strategies to
work through them.



I strive for progress,
not perfection.



I can make a
difference.



I am patient and
kind to myself.



Each day brings a
new chance to thrive.

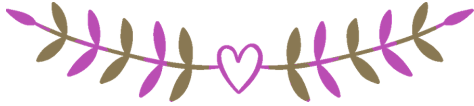


I am a warrior full of
courageousness and
hope.



AFFIRMATIONS

I possess the qualities
needed to . . .



I base my happiness on . . .



I choose . . .



I deserve . . .



I am . . .



I know . . .

