



20

GRATITUDE  
GROWTH  
AFFIRMATIONS






BECAUSE I SEE  
AND APPRECIATE  
THE GOOD IN MY  
LIFE, MORE GOOD  
WILL COME


@LIBERATEANDLATHER





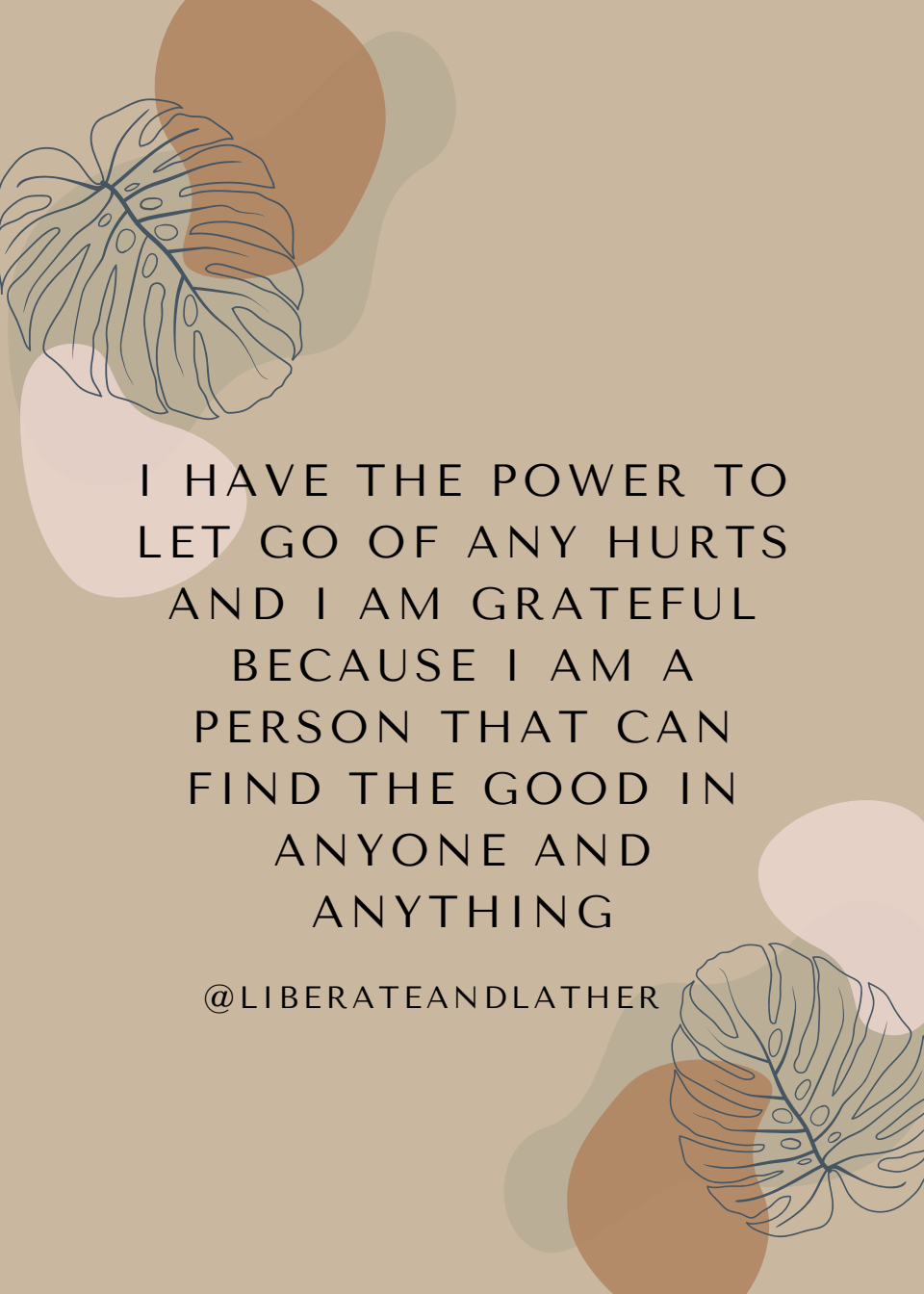
TODAY IS A NEW  
OPPORTUNITY TO  
LIVE AN INSPIRED,  
HAPPY AND CREATIVE  
LIFE. I HAVE THE  
POWER TO MAKE IT  
HAPPEN AND I'M  
THANKFUL FOR IT

@LIBERATEANDLATHER




THE WAY I FIND JOY  
IN THE SMALLEST  
THINGS INSPIRES  
AND LIFTS UP  
OTHERS AROUND ME

@LIBERATEANDLATHER



I HAVE THE POWER TO  
LET GO OF ANY HURTS  
AND I AM GRATEFUL  
BECAUSE I AM A  
PERSON THAT CAN  
FIND THE GOOD IN  
ANYONE AND  
ANYTHING

@LIBERATEANDLATHER



I AM THANKFUL FOR  
WHAT MY BODY AND  
MIND HAVE DONE  
FOR ME TODAY AND  
ALL THE DAYS OF MY  
LIFE

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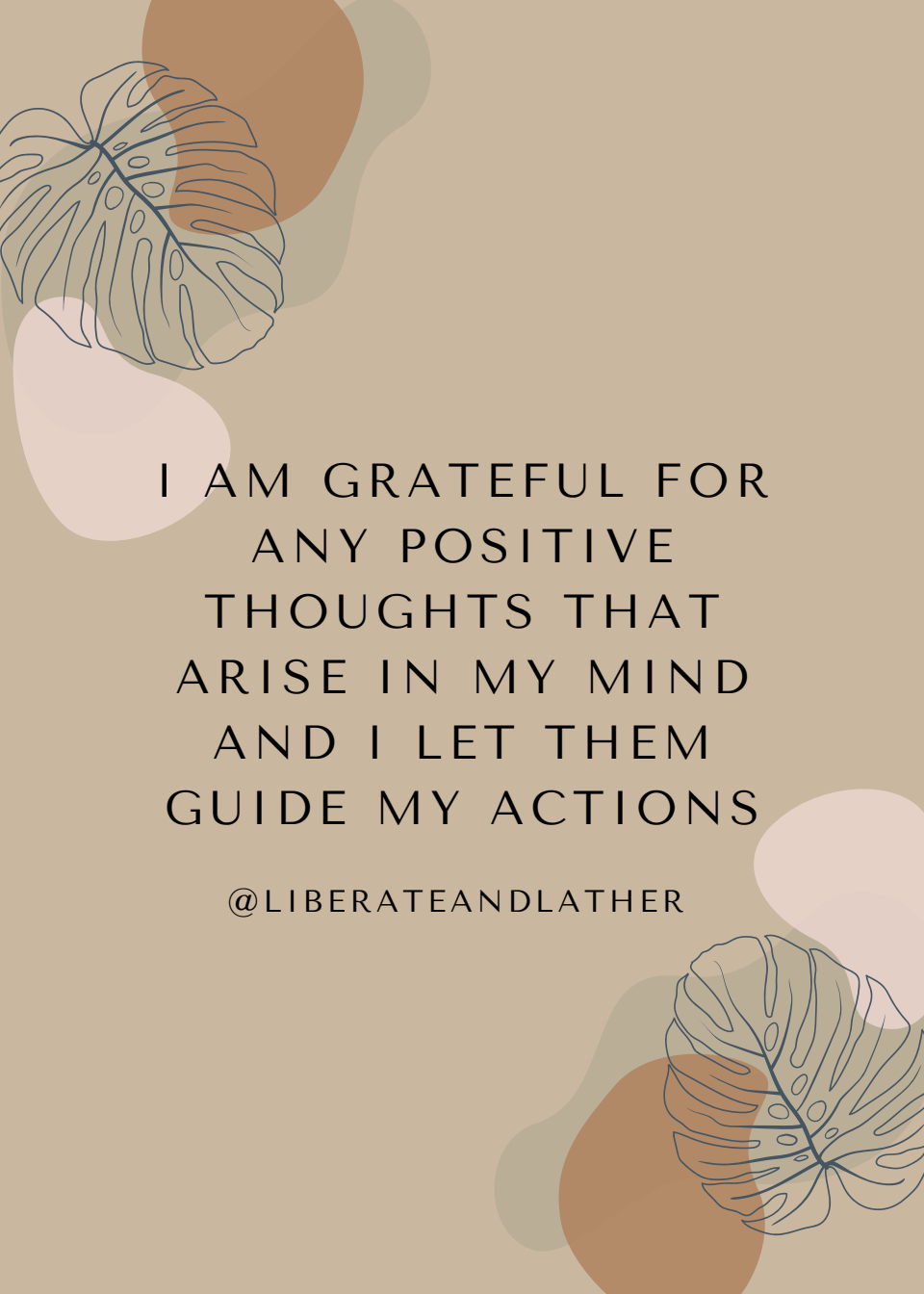




I AM THANKFUL FOR  
PAST HURTS AND  
MISTAKES BECAUSE  
THEY HAVE HELPED  
ME TO GROW AND  
MADE ME STRONGER

@LIBERATEANDLATHER






I AM GRATEFUL FOR  
ANY POSITIVE  
THOUGHTS THAT  
ARISE IN MY MIND  
AND I LET THEM  
GUIDE MY ACTIONS

@LIBERATEANDLATHER





I AM OPEN TO AND  
APPRECIATIVE OF ALL  
THE OPPORTUNITIES  
THAT WILL COME  
INTO MY LIFE TODAY  
AND WILL ALLOW ME  
TO SHOW UP AS MY  
HIGHEST SELF  
AND/OR WILL SPARK  
POSITIVE CHANGE  
AND GROWTH

@LIBERATEANDLATHER



I AM GRATEFUL FOR  
THE PEOPLE IN MY  
LIFE THAT TEACH ME  
HOW TO BE  
ACCEPTING, PLAYFUL,  
PATIENT AND KIND

@LIBERATEANDLATHER





I AM OPEN TO ALL OF  
LIFE'S CHALLENGES  
AND BLESSINGS  
TODAY

@LIBERATEANDLATHER



I AM THANKFUL FOR  
ALL MY EMOTIONS. I  
AM HAPPY THAT I  
CAN EXPERIENCE LIFE  
AND FEEL SO DEEPLY

@LIBERATEANDLATHER





I CAN CONTRIBUTE  
IN SO MANY WAYS  
AND I AM THANKFUL  
FOR THAT

@LIBERATEANDLATHER

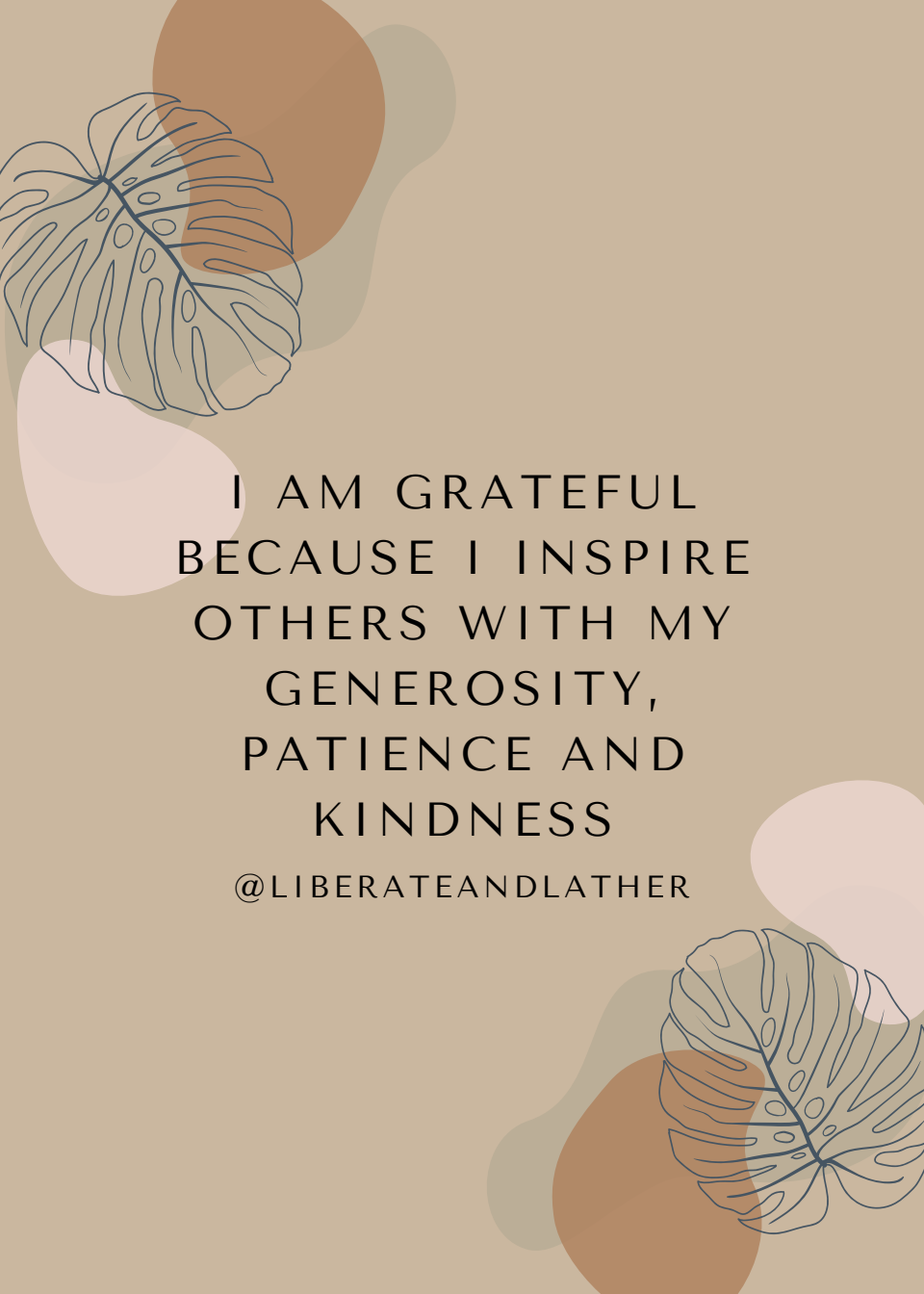




EVERY KIND WORD I  
SAY TO THOSE  
AROUND ME ALLOWS  
ME TO SPARK AND  
CULTIVATE  
MEANINGFUL  
CONNECTIONS

@LIBERATEANDLATHER





I AM GRATEFUL  
BECAUSE I INSPIRE  
OTHERS WITH MY  
GENEROSITY,  
PATIENCE AND  
KINDNESS

@LIBERATEANDLATHER



I AM THANKFUL TO  
BE ABLE TO ASK FOR  
AND RECEIVE HELP  
FROM OTHERS

@LIBERATEANDLATHER

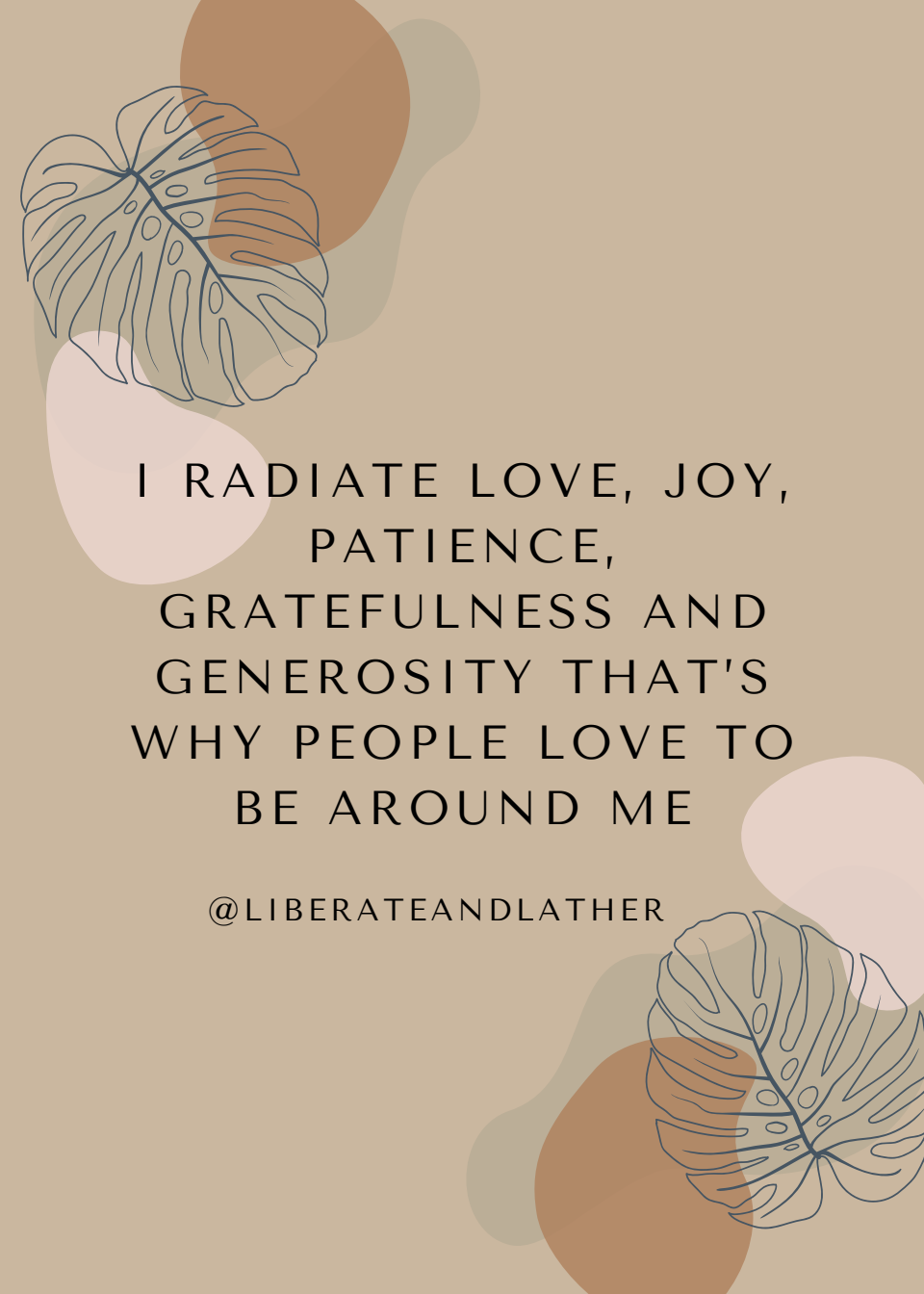




I AM A VERY  
GRATEFUL PERSON

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I RADIATE LOVE, JOY,  
PATIENCE,  
GRATEFULNESS AND  
GENEROSITY THAT'S  
WHY PEOPLE LOVE TO  
BE AROUND ME

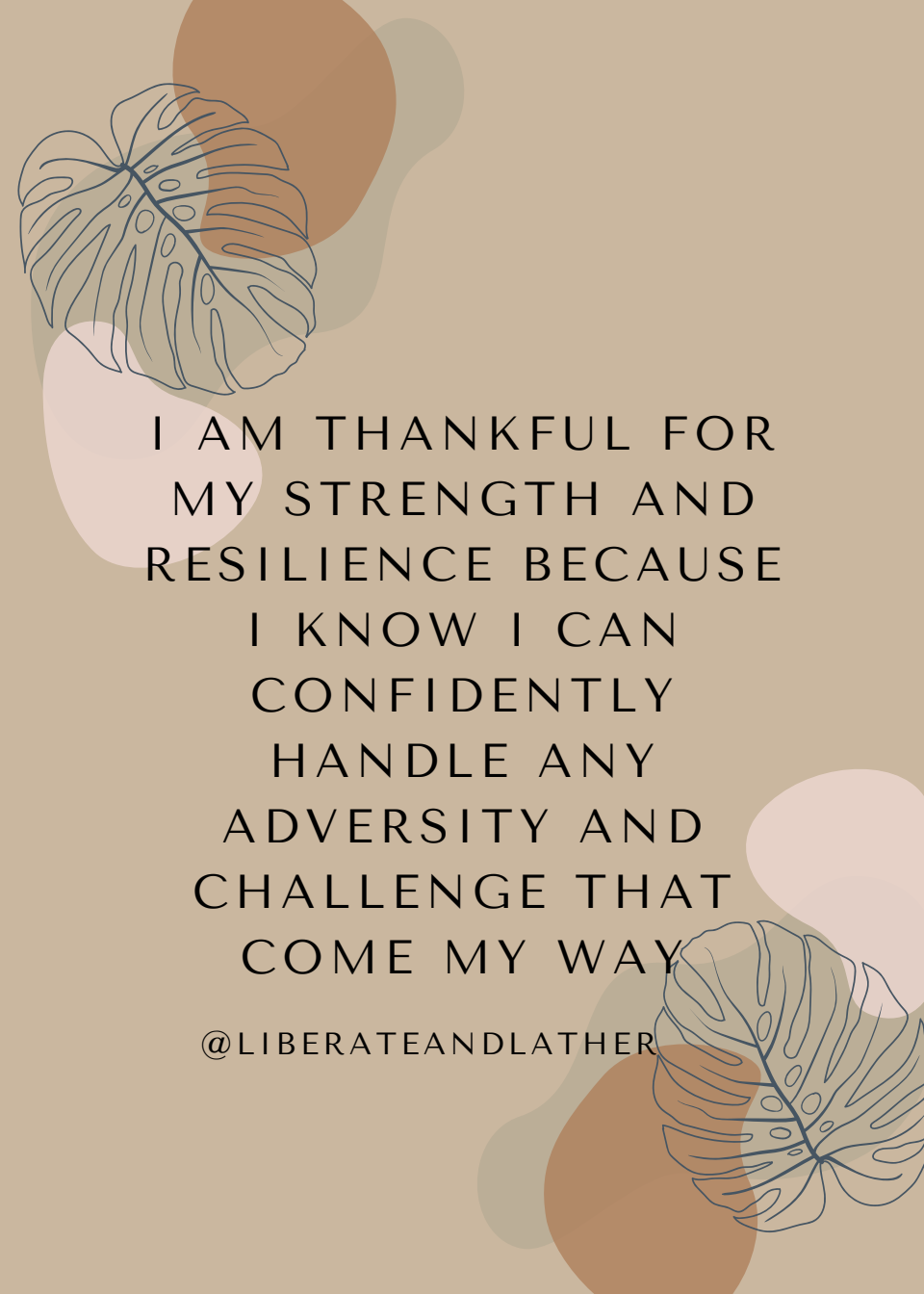
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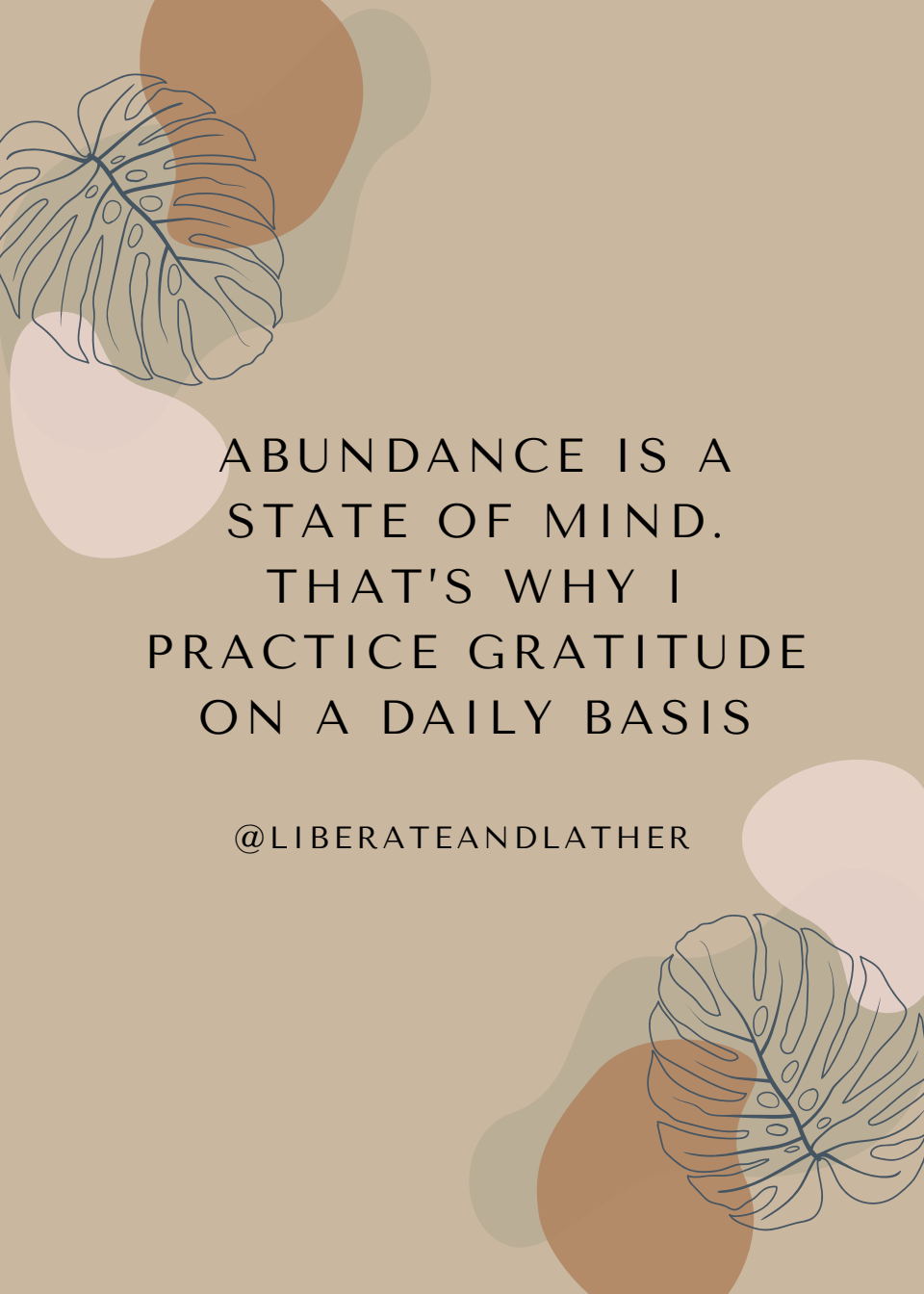
I AM THANKFUL FOR  
MY STRENGTH AND  
RESILIENCE BECAUSE  
I KNOW I CAN  
CONFIDENTLY  
HANDLE ANY  
ADVERSITY AND  
CHALLENGE THAT  
COME MY WAY

@LIBERATEANDLATHER



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@LIBERATEANDLATHER



ABUNDANCE IS A  
STATE OF MIND.  
THAT'S WHY I  
PRACTICE GRATITUDE  
ON A DAILY BASIS

@LIBERATEANDLATHER