

# JANUARY

- + I am grateful for my journey and its lessons.
- + My body is healthy. My mind is calm. My spirit is at peace.
- + I maintain lasting relationships with ease.
- + I am committed to my own success.
- + It is my desire to release any and all limiting beliefs that are blocking the expression of my authentic self.
- + I live in the present, never dwelling on the past, and take action to ensure a wonderful future.

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