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# POSITIVE AFFIRMATIONS FOR EVERYDAY HAPPINESS



I find joy and pleasure  
in the most  
**SIMPLE** THINGS IN LIFE.

A photograph of a forest path. The path is a dirt trail covered in fallen leaves, leading into the distance between tall trees. The trees on the left are heavily covered in bright green moss, while those on the right have dark, textured bark. A large, semi-transparent teal circle is positioned on the left side of the frame, containing the text.

I see  
fear as fuel for  
**success**

& take bold action  
in spite of fear.

# I HAVE AN ACTIVE SENSE OF HUMOR

*and*  
Love To  
Share  
**Laughter**  
With  
Others





I can tap into  
a  
**WELLSPRING**  
of

**INNER HAPPINESS**



**ANYTIME I WISH.**



I live in the  
PRESENT  
and  
am CONFIDENT  
about the FUTURE.

A young boy with dark hair, wearing a red t-shirt, is laughing joyfully while swinging on a swing set. The background is blurred, showing autumn foliage with yellow and orange leaves. The swing's metal chain is visible in the foreground.

I feel JOY and  
**CONTENTMENT**  
IN THIS MOMENT  
RIGHT NOW.

I look at the world  
around me and

can't help but smile and feel joy.



I rest in

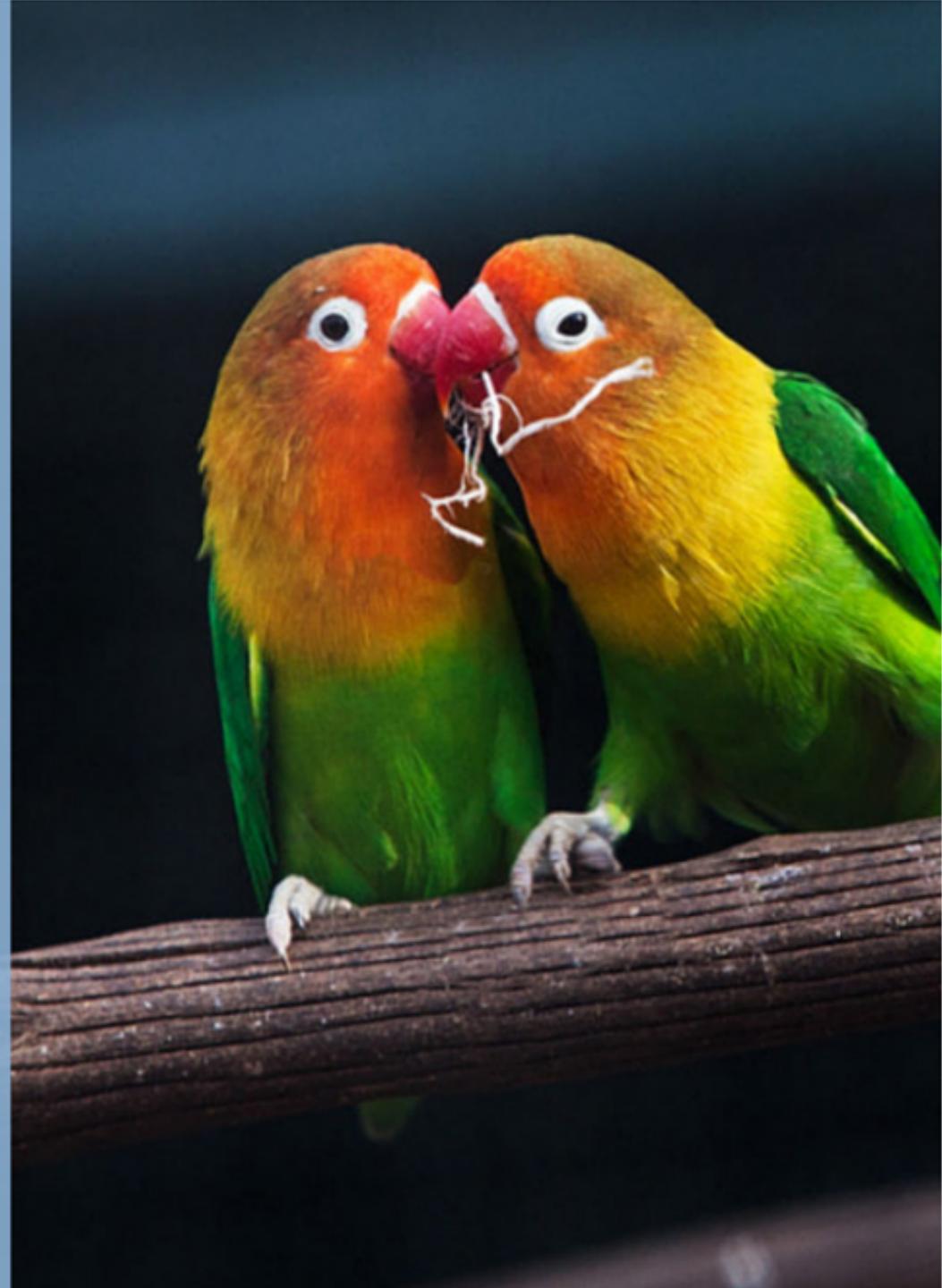
HAPPINESS

when I go to

*sleep,*

**knowing all is well in my world.**

My partner  
and I  
share a deep  
and powerful  
**LOVE**  
*for each other.*





MY PARTNER AND I  
COMMUNICATE **OPENLY**  
& RESOLVE CONFLICT  
**PEACEFULLY**

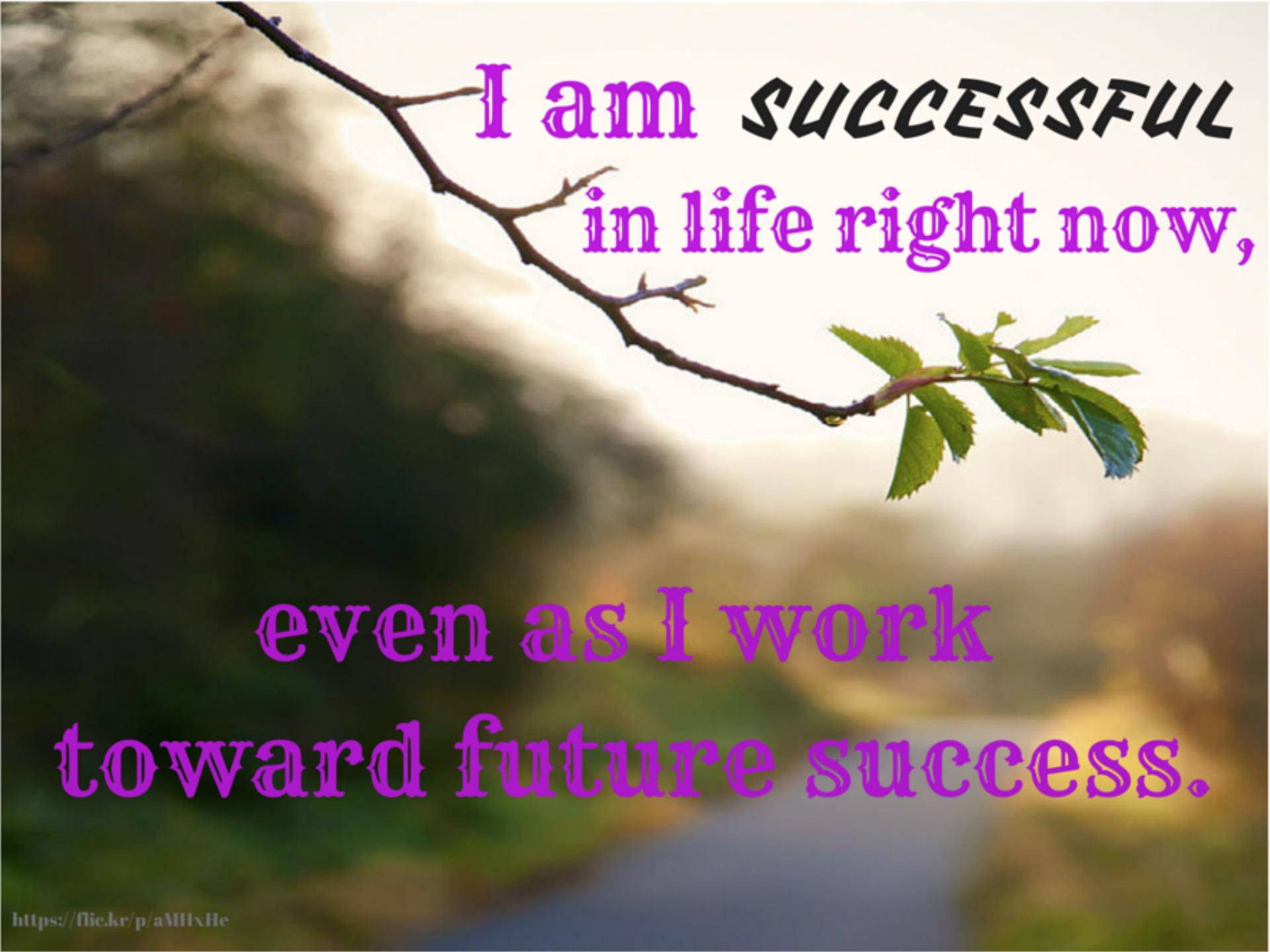


*I am fully myself  
and completely  
AUTHENTIC  
in my love relationship.*

I expect **SUCCESS** in all of my endeavors.



**Success is my natural state.**



I am **SUCCESSFUL**  
in life right now,

even as I work  
toward future success.



When I  
Breathe  
I  
Inhale  
Confidence  
and Exhale  
Timidity



I am  
*self-reliant,*  
*creative*  
*& persistent*  
**in whatever**  
**I do.**

I always attract

POSITIVE  
PEOPLE

into my life.



**I approve of myself  
and  
love myself deeply  
and  
completely.**

I TRUST MYSELF AND  
KNOW MY  
*inner wisdom*  
IS MY BEST GUIDE.





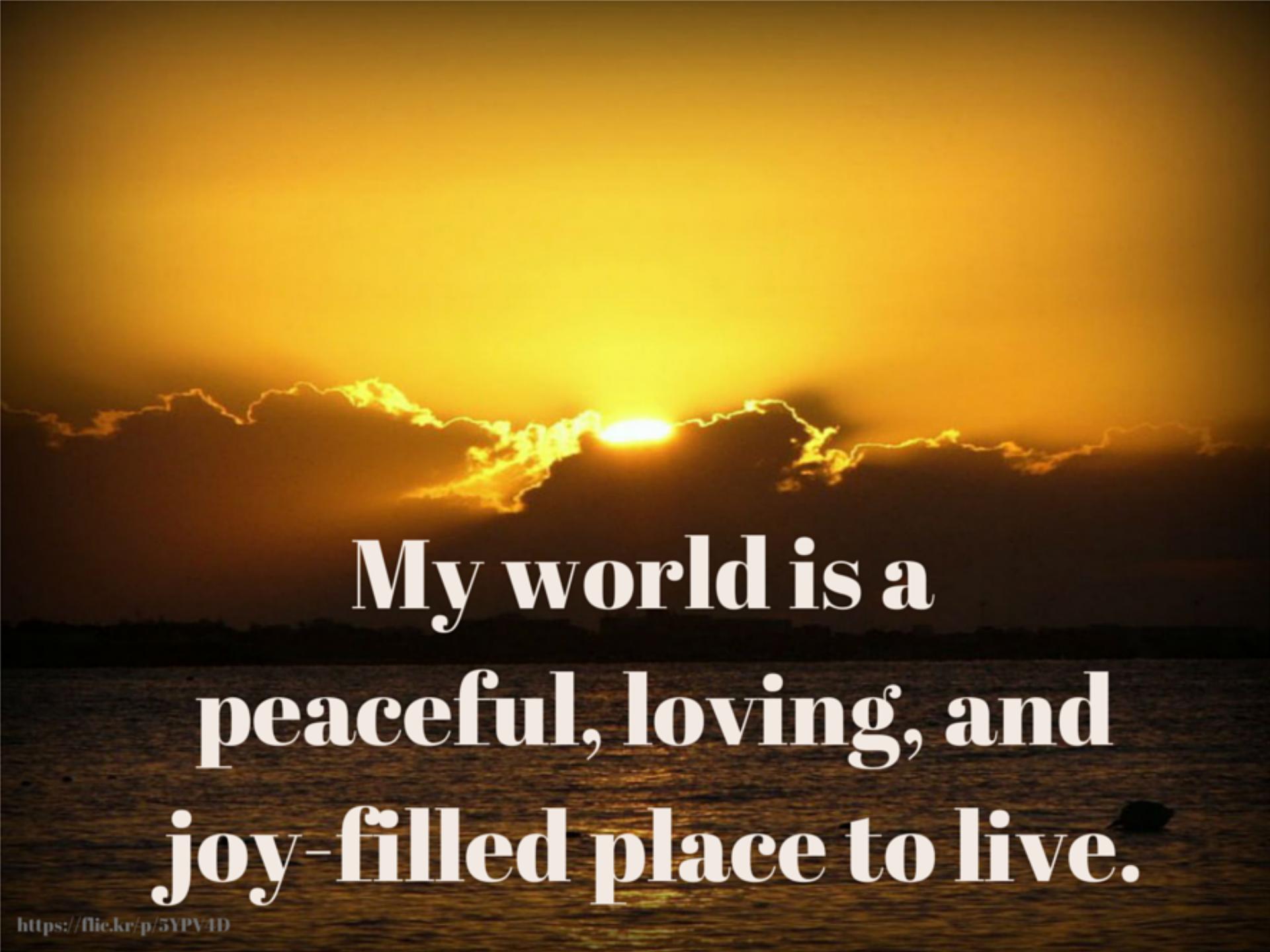
I fill my mind with  
*positive and nourishing thoughts.*

• • •

I have integrity.  
I am totally reliable.



I DO WHAT I SAY.

A photograph of a sunset or sunrise over a body of water. The sky is filled with warm, golden-yellow hues, with darker clouds visible in the foreground. The sun is partially obscured by the clouds, creating a bright, glowing effect. The water in the foreground reflects the warm colors of the sky.

**My world is a  
peaceful, loving, and  
joy-filled place to live.**

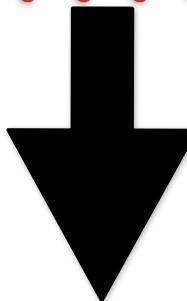
GET STARTED WITH...

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