



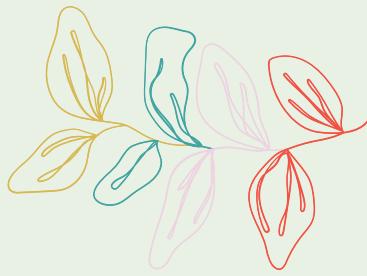
# Positive Affirmation Phone Wallpapers

10 options to choose from!

1. Find your favorite
2. Take a screen shot
3. Set as your wallpaper

*Come back here for your next  
wallpaper when you're ready*

*for a change*

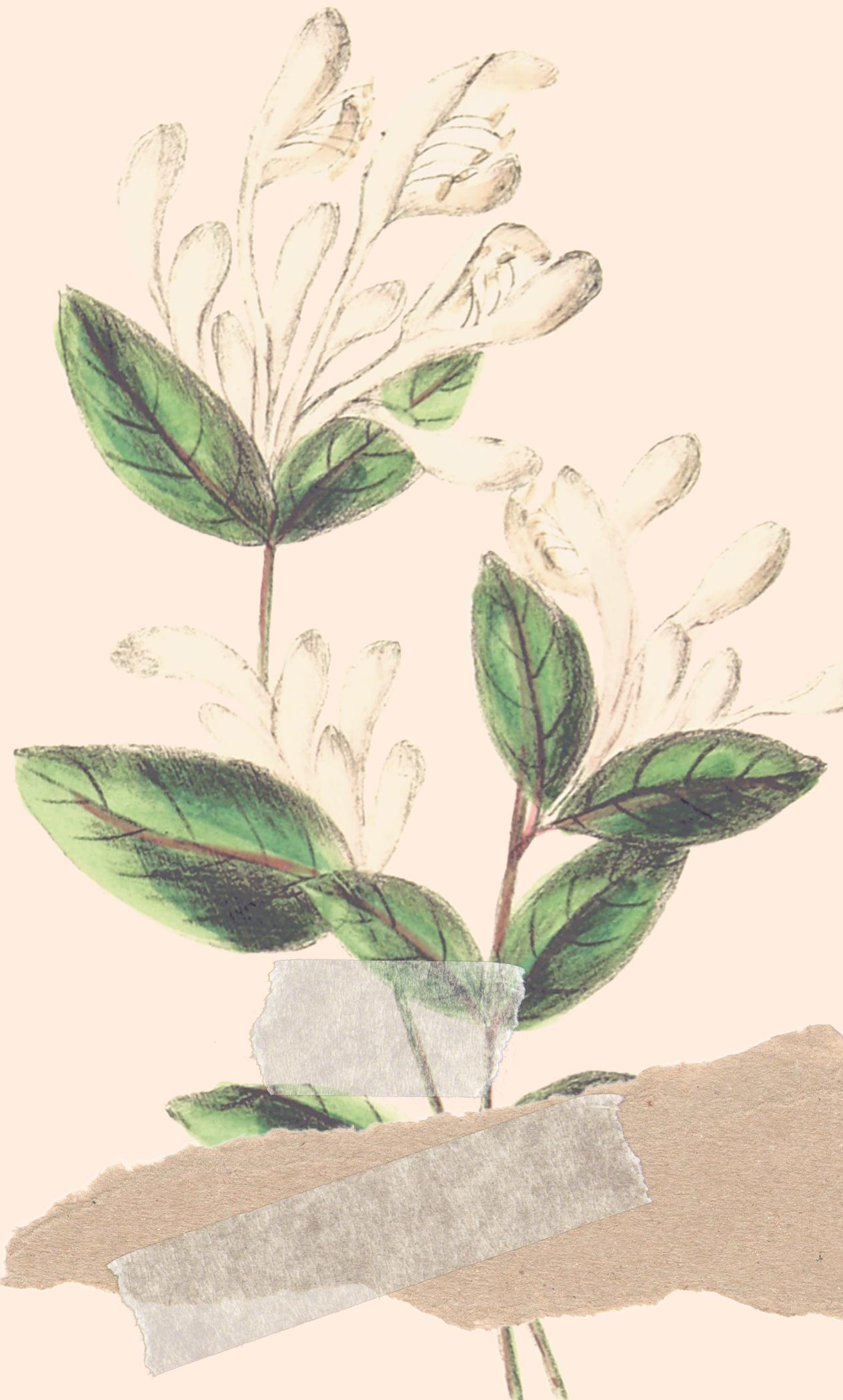


I Am

Growing

Expanding

Thriving



**I Am  
Well  
Healthy  
Vibrant**



I am a creator  
of beautiful things

# TODAY

|

# CHOOSE JOY





I bring light with me  
wherever I go



I WILL  
HONOR,  
LOVE,  
& NOURISH  
MY BODY  
TODAY

*I can  
&  
I will*

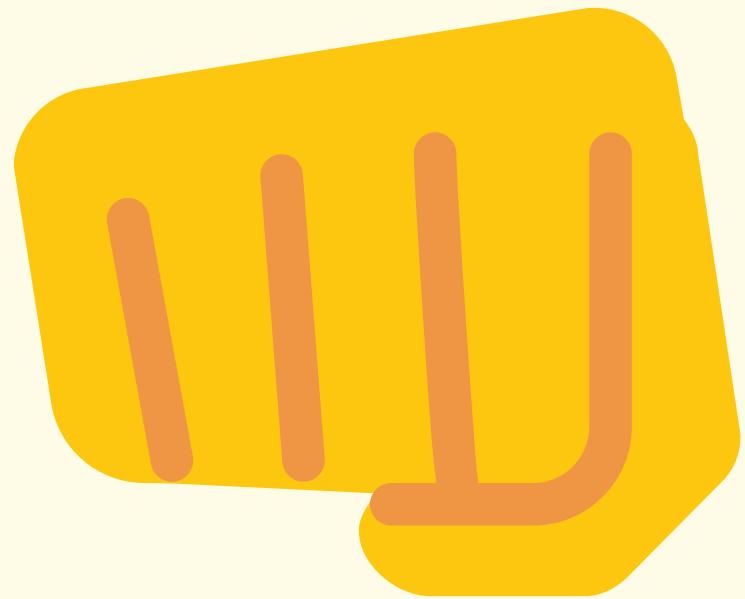


*I Turn*

**OBSTACLES**

*into*

**OPPORTUNITIES**



Acknowledging  
the good that you  
already have in  
your life is the  
foundation for all  
abundance.

LET  
THAT



SHIT  
GO

# About Sheila Anne



Hi there! I'm Sheila. I'm a certified coach that helps go-getter women create thriving careers, relationships, and lifestyles through mindfulness, visualizations, and proven coaching tools.

Keep learning and growing with me  
at [sheilaanne.com](http://sheilaanne.com)  
or connect on Instagram  
[@sheflowsandgrows](https://www.instagram.com/sheflowsandgrows)

