

Mindset is everything...

Affirm YOURself



Primal Health & Yoga

strong.balanced.rested.

I am calm and peaceful

I love myself

I have unlimited power

I am enough right now

I trust myself

I am whole and complete

I believe in myself

I feel inner peace

I am amazing

I am worthy and deserving

I know what to do

I am successful

I inhale confidence

I am healthy and vibrant

I love who I am becoming

I have great strength

I am balanced and settled

I am content today

I am a powerful creator

I am the most important
person in my life