

happy and at peace.

help you start your day feeling

Practicing positive affirmations is

**I TRUST MYSELF**

**I AM THANKFUL  
FOR WHAT I HAVE**

**I BELIEVE IN MYSELF**

**TAKING CARE OF  
MYSELF IS PRODUCTIVE**

**I AM IN CHARGE OF  
MY OWN SUCCESS**

**I HAVE IMMENSE  
STRENGTH**

**I AM STRONGER  
THAN I KNOW**

**NORFOLK**  
natural living

a wonderful way to