

OCTOBER 2018 AFFIRMATIONS

1. Watch the gap
2. Pay attention
3. Cancel your plans
4. Become your pasta
5. Seasons don't fear the reaper
6. Fall is the time to shed
7. Eat nails
8. Keep on humming.
9. Speak up
10. You don't have to be sure
11. We accept the love we think
we deserve
12. Give people time
13. Drive your own developmant
14. The only way to do it is to
do it
15. Death begets life

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