

October 2017 Affirmations

1. Don't let your guilt override your resources
2. Notice when you are planning, and then, plan less
3. I commit
4. I trust
5. I choose to stay
6. Keep busy
7. Keep taking the next best step
8. Allow yourself to rest
9. Pay attention to your energy levels
10. Check in.
11. Make plans with patience
12. Be shameless in the pleasure of your being
13. We are held
14. Walk into the fire

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