

SEPTEMBER 2017 AFFIRMATIONS

September, I'll remember
A love once new has now grown old

1. Find a place you trust, and then,
try trusting it for a while
2. Command the muscles
3. Lean in
4. Make a schedule
5. Show up
6. Be uncompromising in the task
7. Always go to classes
8. Sweep your floor
9. Allow yourself to feel what comes
up in the moment
10. Take lunch breaks
11. Keep saying yes
12. Keep saying no
13. Acknowledge the ripples you make
14. Everything is research
15. Untie the ribbon
16. Share the dance