

MARCH 2019 AFFIRMATIONS

1. Make a fresh list
2. Loosen your shoulders
3. Rub your legs
4. Use the fatigue
5. Remember why
6. Do the math, don't freeze up
7. Put on the show, ready or not
8. Tingle, crush
9. Cruise, trail
10. You can't muscle your gut
11. Take it off the list
12. Peace in the in-between
13. Quantity over quality
14. Constellate
15. Dream in years, plan in months,
evaluate in weeks, ship daily
16. Maintenance is research too!
17. Put your work away when you're
done
18. Dig up the dead roots
19. Drop it
20. Take it from here

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