

JANUARY 2019 AFFIRMATIONS

1. A year is short
2. Everything is leaving
3. Things are cooking
4. Set a goal
5. Structure must be organic!
6. Steep
7. Soak
8. Human being is a verb
9. Keep sanctuary
10. To be below the mountaintop
11. Give silence
12. Tell people if you love them
13. The work is never done

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