## AUGUST 2017 AFFIRMATIONS

August, die she must
The autumn winds blow chilly
and cold

- 1. Drink a glass of water

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  2. Take a moment
  3. Digest
  4. Live what you value
  5. Disagree
  6. I am gathering energy for a creative leap
  7. Leap, land, leap again
  8. The only constant is change
  9. I will continue