

MARCH 2020 AFFIRMATIONS

1. Aloha Mai Kakou
Welcome all of us, seen and unseen
2. Make lists, don't do anything
3. Breathe in through your nose out through your mouth
4. Take a shower
5. Even if you don't feel inspired
6. Submerge
7. Great day to have a great day
8. Time pass
9. Slow way, way down
10. Mend with your hands
11. Wash everything
12. All together now
13. To move forward, ~~we~~ have to leave something behind
14. Physical distance, social proximity
15. The sky is blue and full of wonders
16. Silver linings
17. Whatever can happen will happen
18. Sometimes you're farthest away when you're closest
19. Sometimes the only way is the long one
20. Allow yourself not to finish it

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