

AFFIRMATIONS

For the COVID conscious community

My health is
worth protecting

A better world is
possible

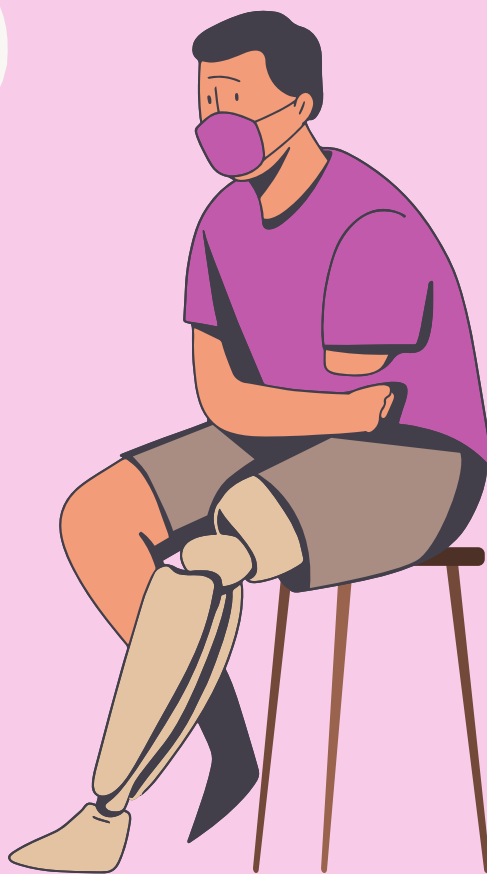
It's okay to have
hard days

I am confident
in my choices

I can take it one
moment at a
time

My life is valuable
no matter what

I am worthy of
love and support



oliviabelknaptherapy.com