6 Affirmation:

www.ZESTyourLife.com

My power is contagious. How I put my power into the world matters.

6 Affirmation:

🛛 @lindababulic @awakenzest www.ZESTyourLife.com

I am a powerful woman. I embody (name 3 of your qualities). 🛛 @lindababulic

6 Affirmation:

@awakenzest

www.ZESTyourLife.com My life and my relationships are

enriching, stimulating, and fun! 🛛 @lindababulic

6 Affirmation:

I focus on my circle of influence to make a positive difference.

My personal effort makes

🛛 @lindababulic @awakenzest

@awakenzest

www.ZESTyourLife.com

6 Affirmation:

www.ZESTyourLife.com

my world a better place. 🛛 @lindababulic 🦉 @awakenzest

www.ZESTyourLife.com

6 Affirmation:

I release my fears. I am safe, and in control of my life.

> 🛛 @lindababulic @awakenzest

69 Affirmation: www.ZESTyourLife.com My courageous heart speaks from a place of love, compassion, and understanding.® @lindababulic @awakenzest

6 Affirmation:

6 Affirmation:

My authentic self dances and laughs with my face in the sun.

> 🛛 @lindababulic @awakenzest www.ZESTyourLife.com

www.ZESTyourLife.com

I am grateful that I have gifts to share.

@lindababulic @awakenzest

6 Affirmation:

I am aware and in tune with how I feel.©

> 🛛 @lindababulic @awakenzest

6 Affirmation: www.ZESTyourLife.com "I love you. I'm sorry. Please forgive me. Thank you." This is ho'oponopono. C @lindababulic @awakenzest www.ZESTyourLife.com

6 Affirmation:

I choose and express my words from a center of love and positive intention.

> 🛛 @lindababulic awakenzest www.ZESTyourLife.com

6 Affirmation: I have a strong mind, and I visualize a life of joy, vibrancy, and ZEST!

©

🛛 @lindababulic @awakenzest

6 Affirmation: I dedicate myself to improving my mind/body checklist score.

> 🛛 @lindababulic @awakenzest www.ZESTyourLife.com

> > 🛛 @lindababulic

6 Affirmation:

I am complaint free and happier.

awakenzest www.ZESTyourLife.com) Affirmation: My ZEST energy is strong and vibrant. I contribute to the greatest good of

> all.© 🛛 @lindababulic

69 Affirmation:

I am proud to stand tall in my power and ZEST.®

> 🛛 @lindababulic @awakenzest

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6 Affirmation: Happy thoughts make my body strong.©

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6 Affirmation:

I breathe in love, I breathe in life.

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🛛 @lindababulic

@awakenzest

I am reaping the rewards of my personal effort.

6 Affirmation:

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I hold sacred the feeling of being in my spiritual ZEST.®

🛛 @lindababulic 🥑 @awakenzest

www.ZESTyourLife.com

I am fulfilled, complete, and powerful in living my life my way.

> 🛛 @lindababulic @awakenzest

6 Affirmation:

6 Affirmation:

www.ZESTyourLife.com

I know my values and live my life aligned with my values.

www.ZESTyourLife.com

6 Affirmation:

@awakenzest www.ZESTyourLife.com

@lindababulic

I am the best of me.

🛛 @lindababulic @awakenzest

6 Affirmation:

www.ZESTyourLife.com

I am a ZESTY woman.©

🛛 @lindababulic 🥑 @awakenzest

6 Affirmation:

www.ZESTyourLife.com

Every day, I am closer to my dreams coming true.

🛛 @lindababulic @awakenzest

69 Affirmation:

69 Affirmation:

www.ZESTyourLife.com

Every day, I understand and love myself more and more.

> 🛛 @lindababulic awakenzest

🛛 @lindababulic

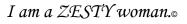
@awakenzes

www.ZESTyourLife.com

I am guided to bring beauty and love in all that I say and in all that I do.

69 Affirmation:

www.ZESTyourLife.com



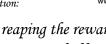
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6 Affirmation:

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6 Affirmation: www.ZESTyourLife.com