

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



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*I am a powerful woman.  
I embody (name 3 of your qualities).*



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*My life and my relationships are enriching, stimulating, and fun!*



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



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*My personal effort makes my world a better place.*



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



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*My courageous heart speaks from a place of love, compassion, & understanding.*



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



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*I am grateful that I have gifts to share.*



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



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*"I love you. I'm sorry.  
Please forgive me. Thank you!"*



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



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*I have a strong mind, and I visualize a life of joy, vibrancy, and ZEST!*



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*I dedicate myself to improving my mind/body checklist score.*



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*I am complaint free and happier.*



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*My ZEST energy is strong and vibrant.  
I contribute to the greatest good of all.*



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



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*Happy thoughts make my body strong.*



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*I breathe in love, I breathe in life.*



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*I am reaping the rewards of my personal effort.*



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



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



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



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*I am the best of me.*



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*I am a ZESTY woman.*



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



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



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



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*I am a ZESTY woman.*



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*I am a ZESTY woman.*



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