

I AM

Get yourself a fresh copy of this manifesto every morning and start your day with joyful affirmations reminding who you really are. It might take less than 5 minutes to describe yourself. Just follow the big “I’m” and write down who you really are inside. You might start out like “I’m happy, loving, caring, strong, grateful and capable.”

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3 AWESOME THINGS I'LL GET DONE BY THE END OF THE DAY

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