



43. USE POSITIVE AFFIRMATIONS

Changing your mental diet through positive affirmations can truly transform your life!

If you have been letting your negative thoughts rule over your reality, now is the time to take your power back and start anew.

One of the best ways of doing so is by using positive affirmations that deeply resonate with you as if what you want has **ALREADY** happened and is a fact of life for you.

At first, it may feel unnatural to claim something that you do not yet observe in your reality, but if you commit to affirming often and consistently, your affirmations **WILL** become your new way of thinking and will help create a new beautiful reality before you know it!

Let this message be a reminder for you to keep your positive affirmations going, especially if you have been feeling discouraged!



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