



DAHLIA ROSE WELLNESS

# 21 Affirmations

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DAHLIA ROSE  
WELLNESS



1.

**FROM THIS MOMENT  
FORWARD, I CHOOSE TO  
LET EVERYTHING IN MY LIFE  
FLOW FREE AND EASY.”**

2.

“FROM THIS MOMENT  
FORWARD I INVITE LOVE INTO  
MY LIFE. I AM LOVABLE AND  
ABLE TO GIVE AND RECEIVE  
UNCONDITIONAL LOVE.”



3.

“FROM THIS MOMENT  
FORWARD I INVITE LOVE INTO  
MY LIFE. I AM LOVABLE AND  
ABLE TO GIVE AND RECEIVE  
UNCONDITIONAL LOVE.”



4.

**“FROM THIS MOMENT FORWARD I  
INVITE GOD’S WEALTH TO FLOW  
THROUGH ME IN AVALANCHES OF  
ABUNDANCE. GOD IS MY SOURCE  
OF SUPPLY.”**



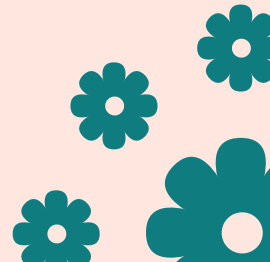
5.

**“TODAY I CHOOSE HAPPINESS. I  
WILL SEE THE BEAUTY IN ALL  
THINGS, NATURE, AND PEOPLE.  
STARTING WITH THE BEAUTY  
WITHIN MY BEING.”**



6.

“TODAY MY INTENTION IS TO  
BE KIND TO MYSELF AND  
OTHERS. TO SHOW EMPATHY  
AND PRACTICE SELF-LOVE  
AND SELF-CARE. I CARE  
ABOUT MY WELL-BEING.”



7.

“MY SITUATION IS WHAT  
IT IS AND IT WILL NOT  
BEAT ME. I RELAX IN THE  
KNOWLEDGE THAT ALL IS  
GOOD NOW.”







8.

“TODAY I AM MOVING FORWARD. I ONLY ALLOW POSITIVE THOUGHTS IN MY MIND. I UNDERSTAND THAT I AM IN CONTROL OF MY THOUGHTS AND HOW I FEEL.”

9.

**“I CHOOSE TO ATTRACT  
WISDOM AND POSITIVE  
OPPORTUNITIES INTO  
MY LIFE.”**



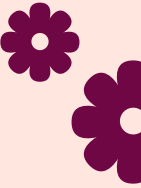


10.

**“I NOW CHOOSE TO TRUST  
IN MY INNER GUIDANCE AND  
RELAX IN THE KNOWING  
THAT MY HEART WILL NEVER  
STEER ME WRONG.”**

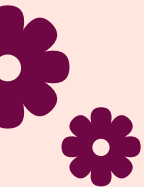
11.

**“I ATTRACT WISDOM AND  
ABUNDANCE INTO MY LIFE  
BECAUSE THAT IS WHAT I  
AM”**



12.

“I AM HAPPY I AM ME. I  
AM IN LOVE. I AM LIGHT.  
I AM STRONG. I AM  
LOVABLE.”





13.

**“I ONLY ALLOW POSITIVE THOUGHTS TO ENTER MY CREATIVE MIND. I ATTRACT ONLY POSITIVE AND SUCCESSFUL OPPORTUNITIES INTO MY LIFE.”**




14.

**“I BELIEVE IN MYSELF. I AM  
STRONG. I AM SMART. I AM  
CONFIDENT. I AM  
BEAUTIFUL INSIDE AND  
OUT.”**



15.

**“I NOW RELEASE ANY SELF-  
DOUBT AND LIMITING BELIEF I  
HAVE ABOUT MYSELF AND THE  
THINGS I CAN ACHIEVE IN MY  
LIFE. I AM CAPABLE OF BEING  
AND HAVING WHAT I WANT.”**







16.

**“TODAY I WILL EMBRACE MY  
POTENTIAL TO BE, DO AND  
HAVE WHATEVER I CAN  
DREAM.”**



17.

**“I AFFIRM AND UNDERSTAND THAT  
EVERYTHING I NEED IS ALREADY WITHIN  
ME. I AM ONE WITH AN INFINITE  
SOURCE. GOD IS MY SUPPLY.”**

The background is a solid teal color with a subtle, repeating pattern of white floral and leaf motifs. In the top-left corner, there are several white flowers of varying sizes. In the bottom-right corner, there are also white flowers, including a large one and a smaller one. The text is centered on the page.

18.

**“I AM HAPPY AND  
GRATEFUL FOR MY  
HEALTHY BODY AND  
CREATIVE MIND.”**



19.

**“I ATTRACT POSITIVE  
RELATIONSHIPS INTO MY  
LIFE. MY RELATIONSHIPS  
ARE POSITIVE, LOVING  
AND EMPATHETIC.”**

20.

“TODAY IS A NEW  
DAY AND I WILL USE  
THIS DAY AS AN  
OPPORTUNITY TO  
DO BETTER THAN I  
DID YESTERDAY.”





21.

“I TRUST MYSELF IN  
ALL THINGS THAT I  
DO, THINK, AND  
FEEL”