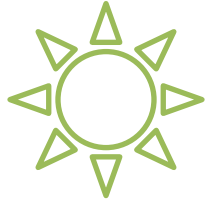


The Guilty Pleasures Revolution

More Affirmations For Your Affirmation Tree



I embrace my tasks with Zenful glee.

I nourish, love, and take care of my SELF.

I let go and embrace what's not complete and envision what's to come.

My soul is fed by simple and infinite beauty.

I awaken my senses to the world around me.

Today I will notice what my body and my intuition are telling me. Today I will respond. Today I choose me!

I am doing my best, and my best is my best for now.

When I choose me and say *no* to others, it is a gift to me and to them.

My day is complete and completely blessed.

I consciously choose my thoughts, words, and feelings.

I possess the power to create instant calm.

I am perfectly imperfect and I love every inch of me!

