

Today's Inspiration

*I am a
wonderful
human being.
Sharing
my gifts
and talents
brings me joy.
Blessed with
strength and
creativity,
I can do
almost
anything.*

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Today's Inspiration

*I accept,
love, and
enjoy people.
I freely share
encouragement
and good cheer.
To the eyes of
my heart,
everyone I meet
is beautiful.
Together,
we'll create a
better world.*

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Today's Inspiration

*My inner
guidance
always helps
me know what
to do. I listen
to my heart
and follow
with faith.
I encourage
others also
to trust and
follow their
inner wisdom.*

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Today's Inspiration

*Every problem
I face is a
challenge—an
opportunity for
learning and
growing.
I skillfully
handle life's
difficulties.
They increase
my wisdom,
kindness, and
confidence.*

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Today's Inspiration

*Your feelings
are important
to me. Help me
to see your
viewpoint.
I am listening
with my ears
and my heart.
Please listen
to me, also.
Together,
we can work
things out.*

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Today's Inspiration

*I meet conflict
peacefully.
My inner peace
is sure and
strong.
The calmness
I feel spreads
to others.
Our calmness
awakens
creativity,
understanding,
and patience.*

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Today's Inspiration

I accept and love my body. Good food, exercise, and plenty of rest give me radiant health. As I listen to my body's wisdom, I enjoy increased peace and energy.

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Today's Inspiration

My thoughts are powerful. They control my feelings and actions. I choose positive thoughts. I choose to be a possibility thinker. I choose happiness.

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Today's Inspiration

I nourish myself spiritually. I am a blessing to others. Doing my best each day, I have faith that what I need will come to me at the right time.

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