



My Little Book of Positive Affirmations

Cooper Pauline

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Every person needs to hear something beautiful, every day of their God-given lives. Since we aren't always blessed with persons who can or are willing to speak those words into our lives and spirit, why not do it yourself? Let us sever ties with all the bad words that were spoken to us and now, speak affirmatively to our inner man, woman, our child. Let us call ourselves all the names we deserve to be called and make a conscious decision to declare every good and perfect thing in our lives. The power of words are undisputed. So let us secure our worth via words. Let us use words to fight against every being that seeks to dehumanize us, break us, belittle us, makes us feel ugly and worthless; It is true that, the most convincing words are the ones YOU speak affirmatively to and about yourself. Let us win the war against bad and untruthful words, by declaring simple and meaning truths in our lives always. Affirm yourself - you are a beautiful and perfect child of God, worthy and deserving of the best that life has to offer.

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