i am magic	keep going
yes I can	i'm capable of amazing things
take a deep breath	i'm proud of myself
it is OK to rest	do something fun
i radiate positivity	expect good things
i am ready	i trust my intuition
make time for fun	i am creative
i release all negativity	i am open to what the universe sends to me
i am loved	i believe in possibility
my soul leads my decisions	i am worthy of my dreams
practice gratitude	my work is valuable
i am growing	i attract good energy
take a nature break	don't stop now
i am divinely guided	focus on abundance

Mandy Ford
art & illustration