



Care & Glow Daily Affirmations



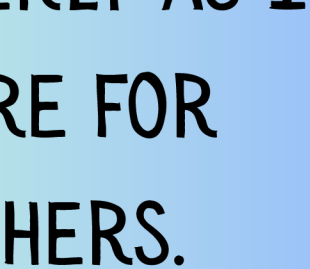
**THE LOVE I
GIVE OTHERS
ALSO BELONGS
TO ME.**



Care & Glow Daily Affirmations



**I AM CARING
FOR MYSELF AS
TENDERLY AS I
CARE FOR
OTHERS.**




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**EVEN SMALL
MOMENTS OF
CARE CREATE
BIG RIPPLES OF
CALM.**





REST IS NOT A
REWARD – IT'S
A RHYTHM.




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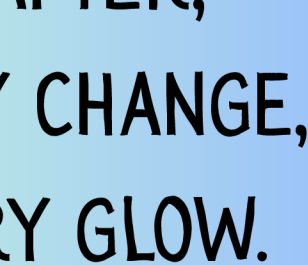


**I'M ALLOWED
TO BE BOTH
SOFT AND
STRONG.**

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I HONOR MY
STORY – EVERY
CHAPTER,
EVERY CHANGE,
EVERY GLOW.



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PEACE FINDS ME
WHEN I SLOW
DOWN AND
LISTEN INWARD.



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**I RELEASE
PERFECTION
AND EMBRACE
PRESENCE.**



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**I AM GROWING,
GLOWING, AND
GIVING MYSELF
GRACE.**



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**I CAN PAUSE
WITHOUT
GUILT.**



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MY WORTH ISN'T
MEASURED BY
HOW MUCH I DO —
BUT BY HOW
DEEPLY I LOVE.

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MY GLOW IS
MY
GRATITUDE

