

SEPTEMBER

- + I fully love and embrace who I am now, even as I continue to grow.
- + I release anything that doesn't support my highest good.
- + I choose authenticity over perfection.
- + I create and maintain boundaries that protect and support me.
- + There is nothing that can bring me down without my permission, because the power exists within me to rise above.
- + I am in full control of my life.

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