

The page is decorated with several green leaves of varying sizes and shades of green, positioned in the corners and along the edges. The leaves have detailed vein patterns and some are slightly curled.

# INSPIRATION ACTIVATION

## AFFIRMATIONS

I LET GO OF MY PAST INSECURITIES AND  
FOCUS COMPLETELY ON FEELING  
CONFIDENT, SECURE AND INDEPENDENT.

I AM UNIQUE AND WORTHY OF LOVE  
I DON'T NEED TO IMPRESS ANYONE. I AM

ALREADY IMPRESSIVE  
MY OPINION MATTERS.

MY VOICE MATTERS.

MY FEELINGS MATTER.

MY OPINIONS ARE IMPORTANT.

I SET CLEAR BOUNDARIES AND EVERYONE  
RESPECTS ALL THAT I AM.

MY SELF ESTEEM IS HIGHER THAN IT HAS  
EVER BEEN.