

Type 1 Affirmation for 2024:

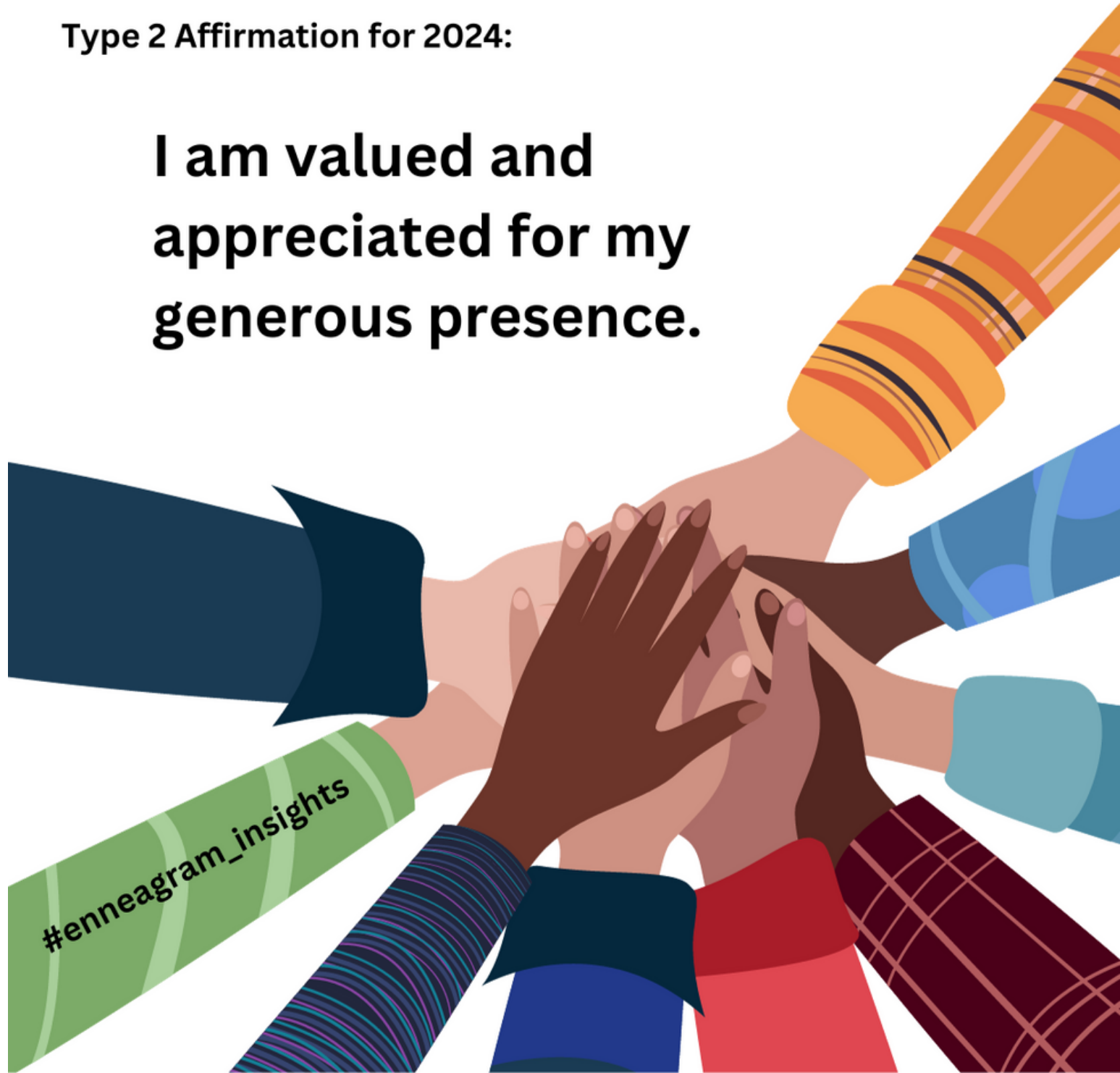
**I realize that getting things right  
includes getting plenty of rest.**



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Type 2 Affirmation for 2024:

**I am valued and  
appreciated for my  
generous presence.**



Type 3 Affirmation for 2024:

**I make a point to notice  
and appreciate  
my feelings.**



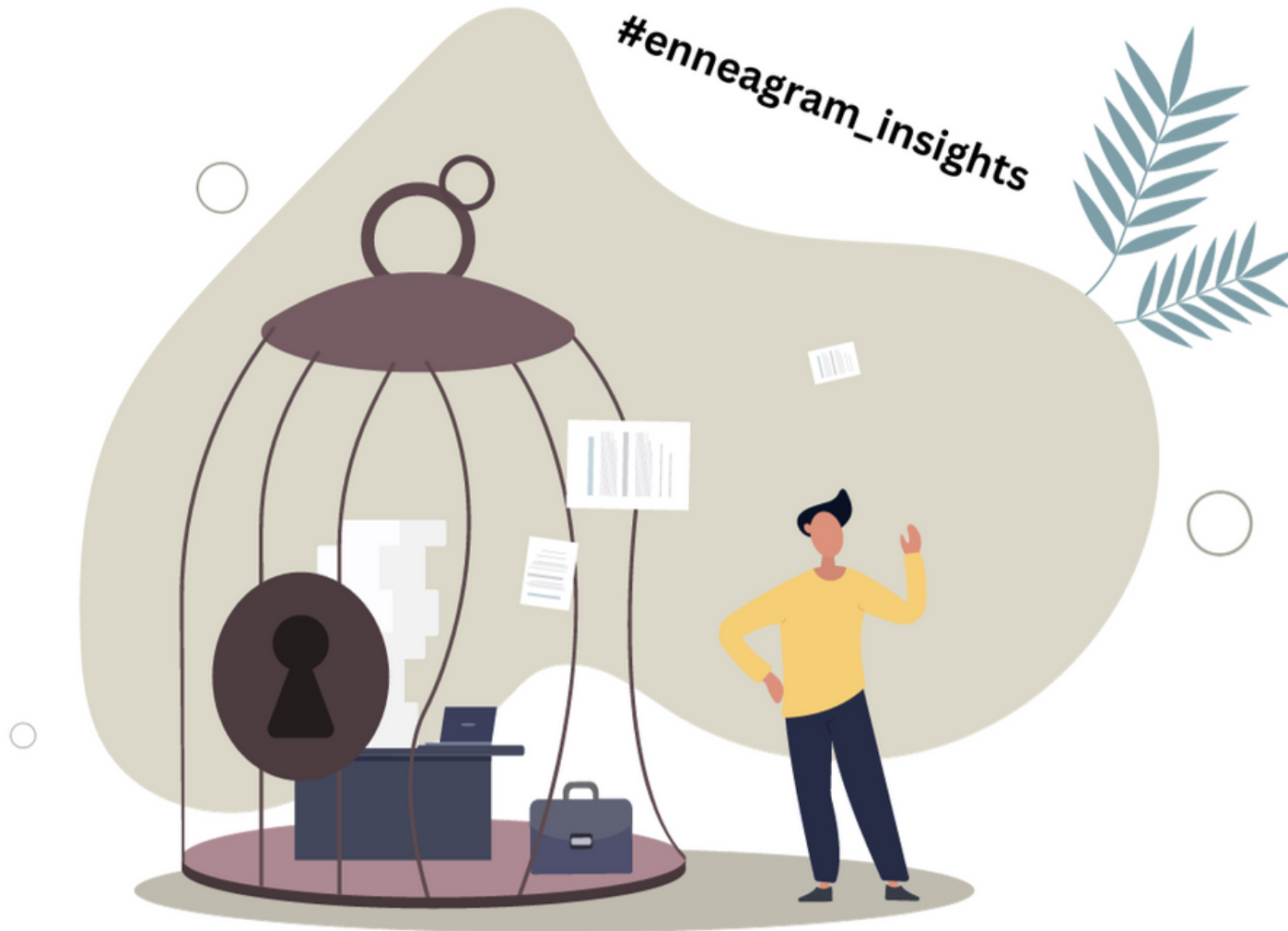
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Type 4 Affirmation for 2024:

**I enjoy opportunities to joyfully  
express my authenticity.**



## Type 5 Affirmation for 2024:



**I learn so many things when I step  
beyond my comfort zone.**

## Type 6 Affirmation for 2024:



**I give myself plenty of quiet time  
to feel grounded and secure.**

Type 7 Affirmation for 2024:

**I create space for new ideas in quiet  
contemplation.**



## Type 8 Affirmation for 2024:

**I remember to be gentle  
with myself  
and  
others.**



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Type 9 Affirmation for 2024:

**I bring value and meaning  
to all my interactions.**

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