

## WORTH

I am worthy of feeling any wonderful emotion there is

I deserve everything I desire



5.

## TRANSITION

I accept change as a positive force in my life and adjust easily

I live in the present, not in what “could be” or “could have been” (*Avot 1:14*)



6.



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Back Cover

## POCKET AFFIRMATIONS



You all have your own journey, feel free to add your own in the pages

Front Cover

## MIND

I am good with who I am, I thrive in the moment, I am proud of who I am becoming

My positive thinking attracts positive outcomes (*Rabbi Menachem Mendel, Tzemach Tzedek of Lubavitch*)



4.

## BODY

My body is beautiful, lovable, healthy, and full of life

No matter what, my body is always worthy of love and respect



3.

## EATING

I eat right, correctly, and I savor each bite

I am nourishing my body with what I need



2.

## HAPPINESS

I am getting happier and happier each day

I recognize that happiness is the journey, not the destination (*Avot 4:16*)



1.



1.

I recognize that happiness is the journey, not the destination  
*(Avot 4:16)*

I am getting happier and happier each day

## HAPPINESS

### Pocket Affirmations



You all have your own journey, feel free to add your own in the pages

Front Cover



2.

I am nourishing my body with what I need

I eat right, correctly, and I savor each bite

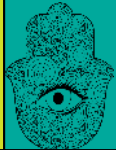
## EATING



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2022

Back Cover

3.



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## MIND

### WORTH

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# Folding Instructions

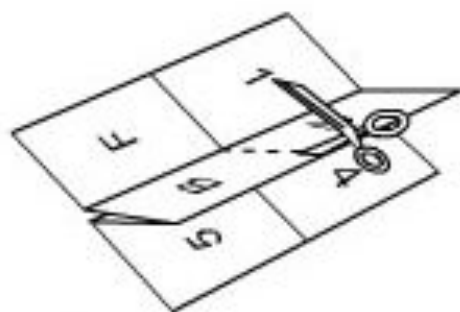
Note: All folds should be to the lines printed on the paper, and not to the actual edges of the page.



1. Start with front page at top left

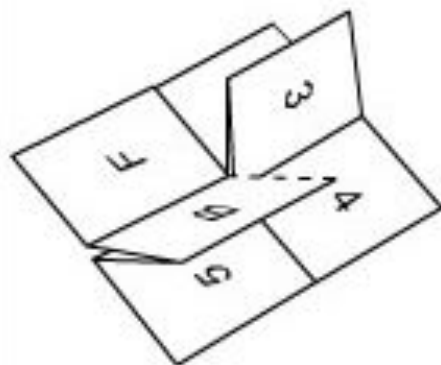


2. Fold in halves

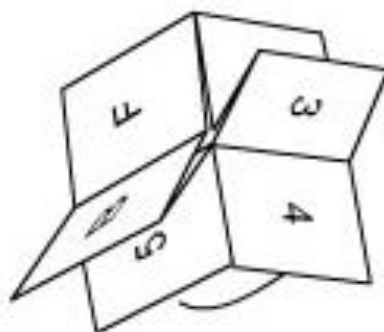


3. Cut at dotted line in center

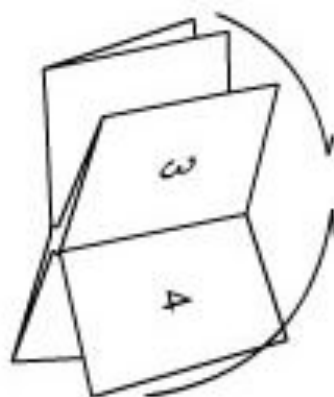
4. Fold to opposite ends.



5. Fold in half vertically



6. Fold in half horizontally



done. enjoy!

