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your inner critic  
preferably out loud one  
to three times per day 1  
i am enough and i love  
myself unconditionally 2  
i am at peace in my body  
and i feel great in my  
skin 3 i express see  
more  
the best positive  
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christine scott hudson a  
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therapist recommends  
crafting i statements  
that remind you of the  
emotional choices you  
get to make whether

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whatever comes my way 2  
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my abilities 3 every  
challenge is an  
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i am resilient and  
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