

# Affirmations

Still needing a little bit more of a boost? Know you are NOT alone.  
Check out these affirmations and tape them on your wall:

Laughter is a powerful antidote for fear and worry.	Creative energy is constantly flowing to and through me.
I call all my power back to me. I am complete and whole.	I am calm, and I love. I am calm, and I am loved. I am calm, and I love it.
My inner power is active, creative, and alive.	Thank you, thank you, thank you!
I am an open channel to creative energy.	Yes! Yes! Yes!
I clear my space so that I become aware of the wholeness and creativity I have within.	May there be well-being and peace for all.
Yes I can!	I am open to the process, the exploration, the discoveries. The finished piece is of little relevance to me. I am open to the process, the exploration, the discoveries.
I am curious. I am curious about this process. I am curious about this material. I am curious about this thought. I am curious about this world.	I follow curiosity, and I listen to my intuition.