

An Affirming Meditation

BEAUTY

FULL



written by

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I made this book with you in mind.
My intention is that with the flip of each
page you will become more aware of who
you truly are, and the power and
magnitude of that inner beauty.

Out of millions on the journey toward life,
you made it to that faithful egg. You are a
beautiful miracle in it self. Continue to beat
the odds as you journey thru this life,
remembering to always live your brightest
and fullest.

You are a Beauty. Be Full.

I AM **MindFUL** and present in this moment.



I AM ThoughtFUL
about my intentions
and actions.





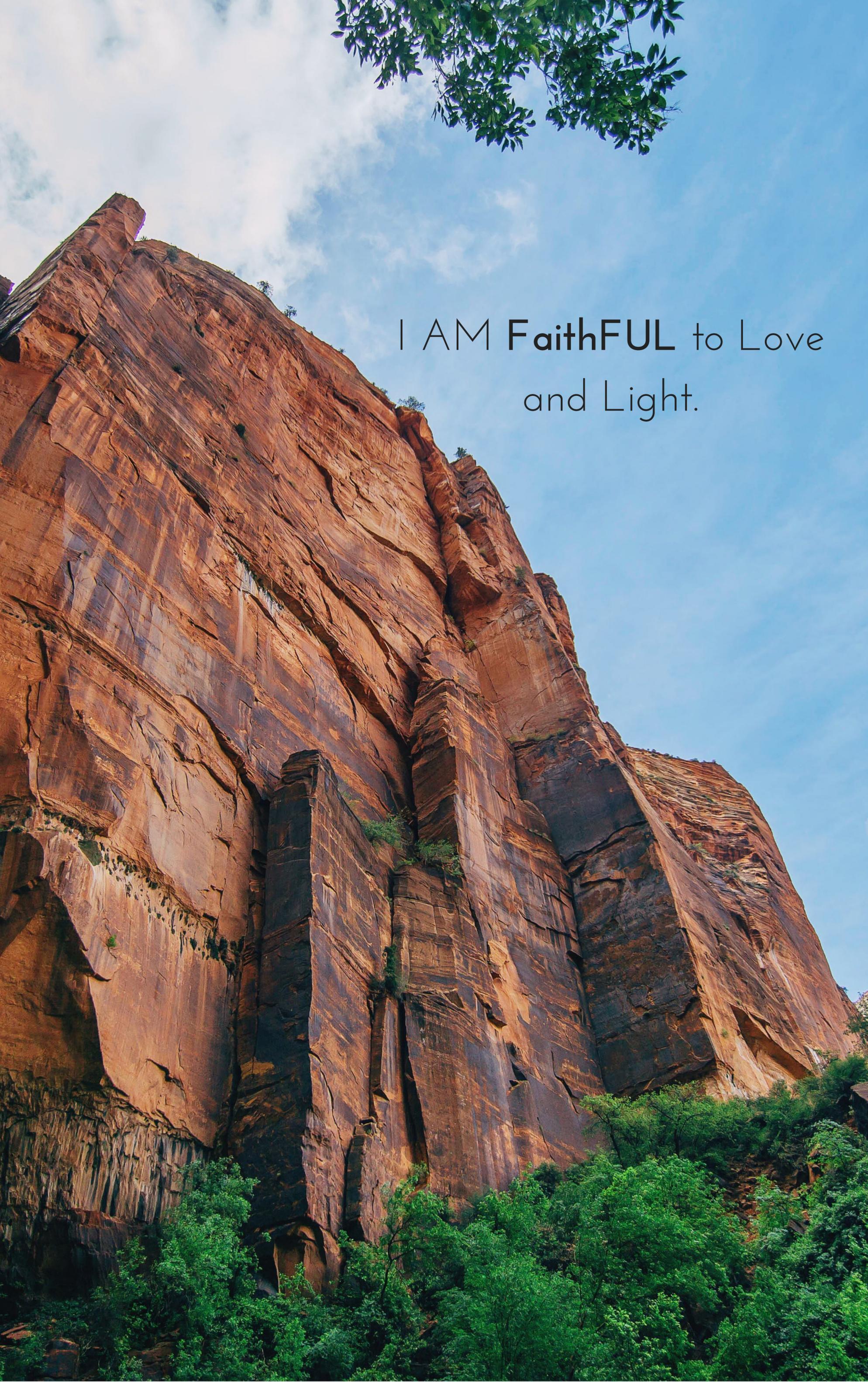
I AM **SuperpowerFUL**
beyond my own beliefs.

A scenic view of a lake with a wooden bench in the foreground and a tree with yellow leaves in the upper right corner. The text is overlaid on the lake.

I AM **PeaceFUL** today and all days
because my life is unfuckwithable.

I AM **SuccessFUL** in all
my relationships.





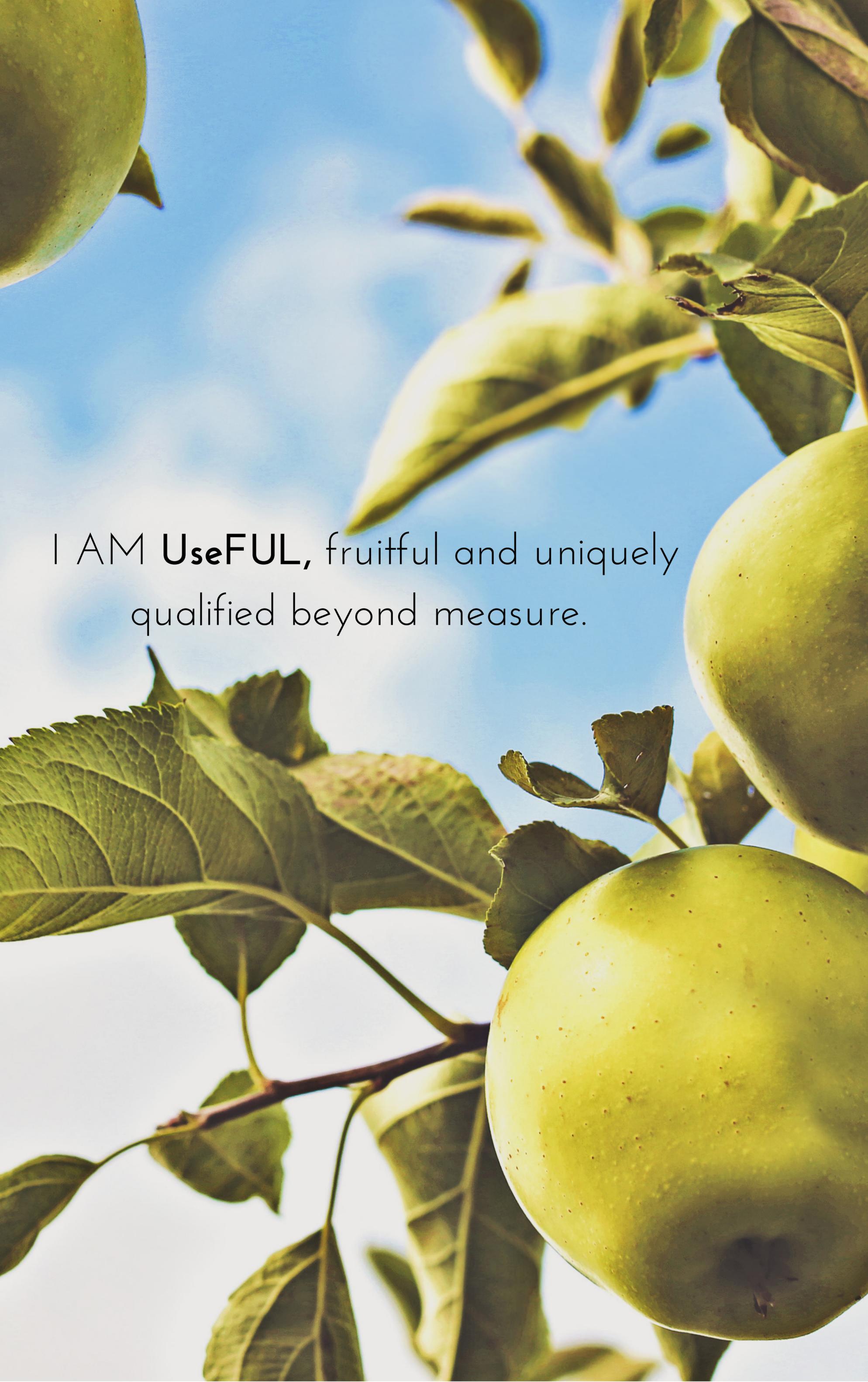
I AM FaithFUL to Love
and Light.

A vertical photograph of a starry night sky. The sky transitions from a deep purple at the top to a bright orange glow near the horizon. The foreground shows the dark silhouette of a tree on the left and some grass or reeds along the bottom edge. The text is centered in the middle of the image.

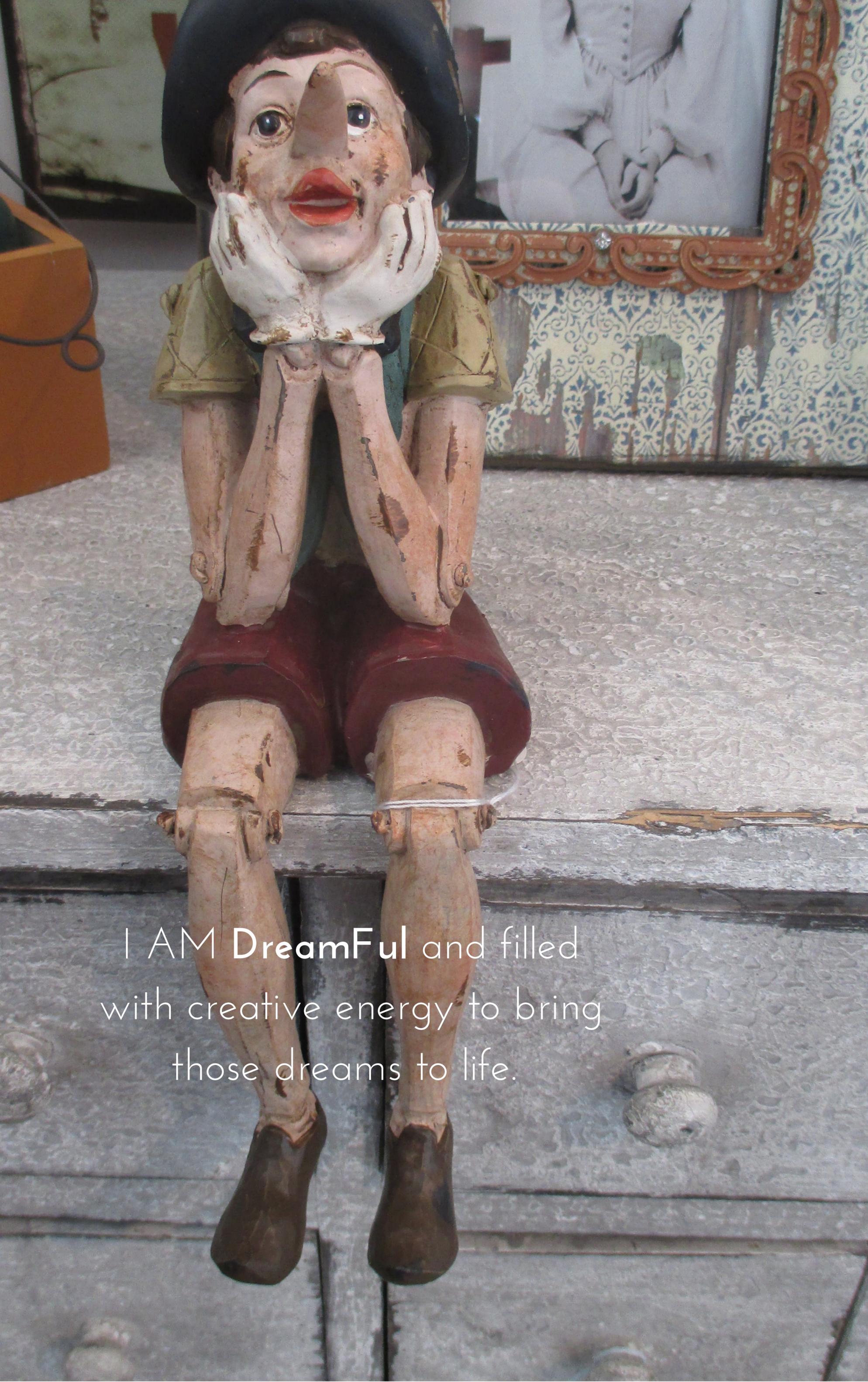
I AM TruthFUL with
myself and others.

A large whale is breaching the ocean surface, creating a massive splash of white water. The whale's dark, textured skin is visible as it rises from the water. The background shows a clear blue sky and the horizon line of the ocean.

I AM **JoyFUL** because I
operate in the abundance of
grace and gratitude.



I AM **UseFUL**, fruitful and uniquely qualified beyond measure.



I AM **DreamFul** and filled
with creative energy to bring
those dreams to life.

I AM CharacterFUL and I
operate with high personal
integrity.



I AM WILLFUL,
determined and driven.





I AM **YouthFUL** and full
of vitality.



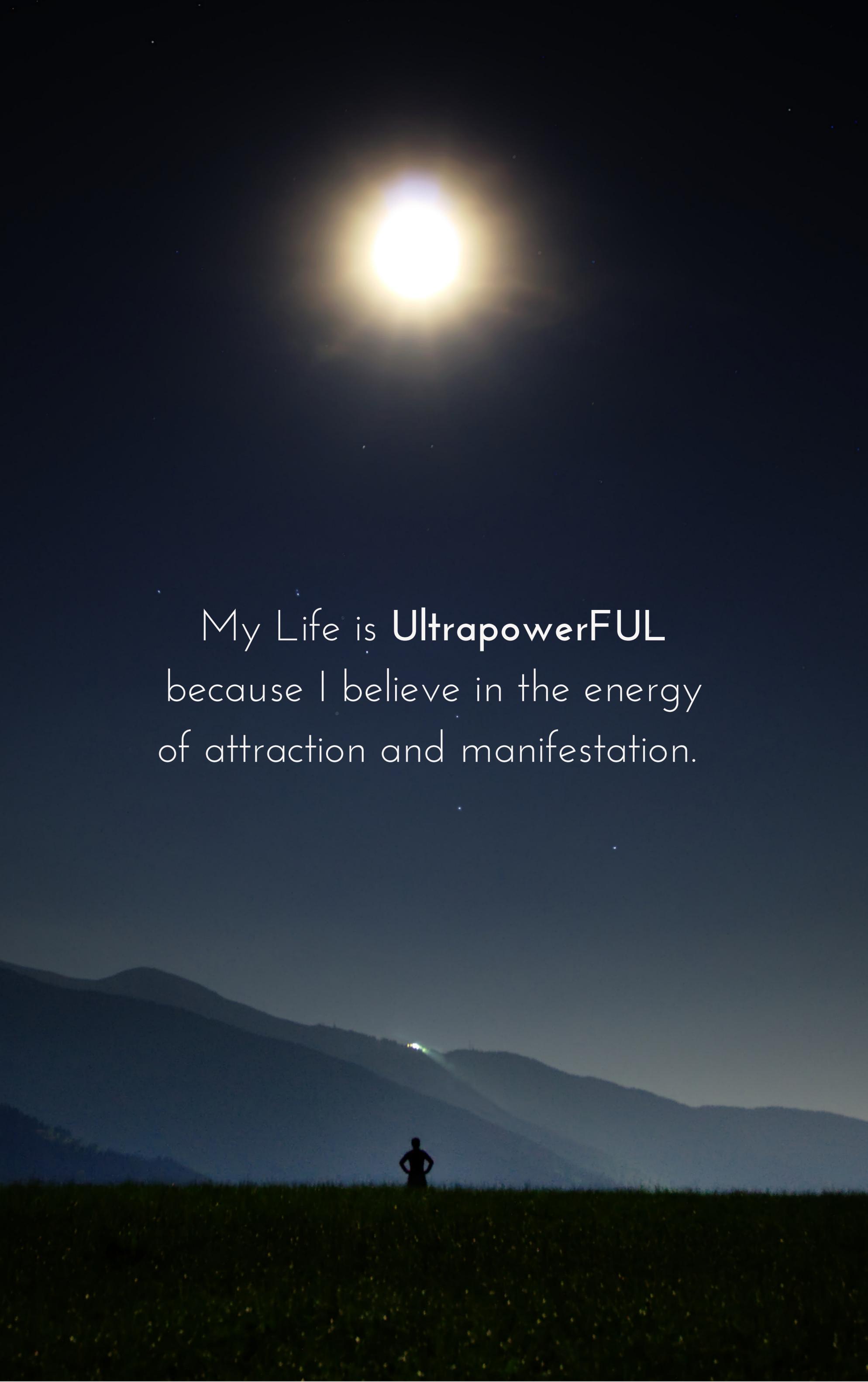
I AM **HopeFUL** about
where I'm heading.

I AM **ThankFUL** for my
life and all things in it.





My Life is **PurposeFUL**
and filled with meaning.

A person stands in silhouette on a grassy hill, looking out over a vast landscape of rolling mountains under a twilight sky. A bright sun is setting in the upper center, casting a soft glow. The scene is peaceful and contemplative.

My Life is **UltrpowerFUL**
because I believe in the energy
of attraction and manifestation.

I AM **Beauty-FUL** and my life is
full of beauty.



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