



**LOZ'S POSITIVE**  
AFFIRMATION CARDS



**I ACCEPT MYSELF  
EXACTLY  
AS I AM NOW**



**I AM  
WHOLE  
AND COMPLETE**



**I AM A  
UNIQUE  
BEAUTIFUL  
SOUL**



**I TREAT  
MYSELF  
GENTLY  
AND WITH  
RESPECT**



**I APPRECIATE  
EVERY THING  
I HAVE**



**I TAKE  
GOOD CARE  
OF MY BODY**