

MY BREAKTHROUGH STAND

I hereby declare by the power vested in me by myself and my Inner Wisdom that:

I, <your name>, commit to releasing my self-sabotaging pattern of <the old pattern>.

I commit to embracing the self-loving pattern of <the new pattern>.

I am creating a <your specifics> breakthrough!”

I promise to support myself with compassion and loving truth, and therefore:

I say NO! to:

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♥

I say YES! to:

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