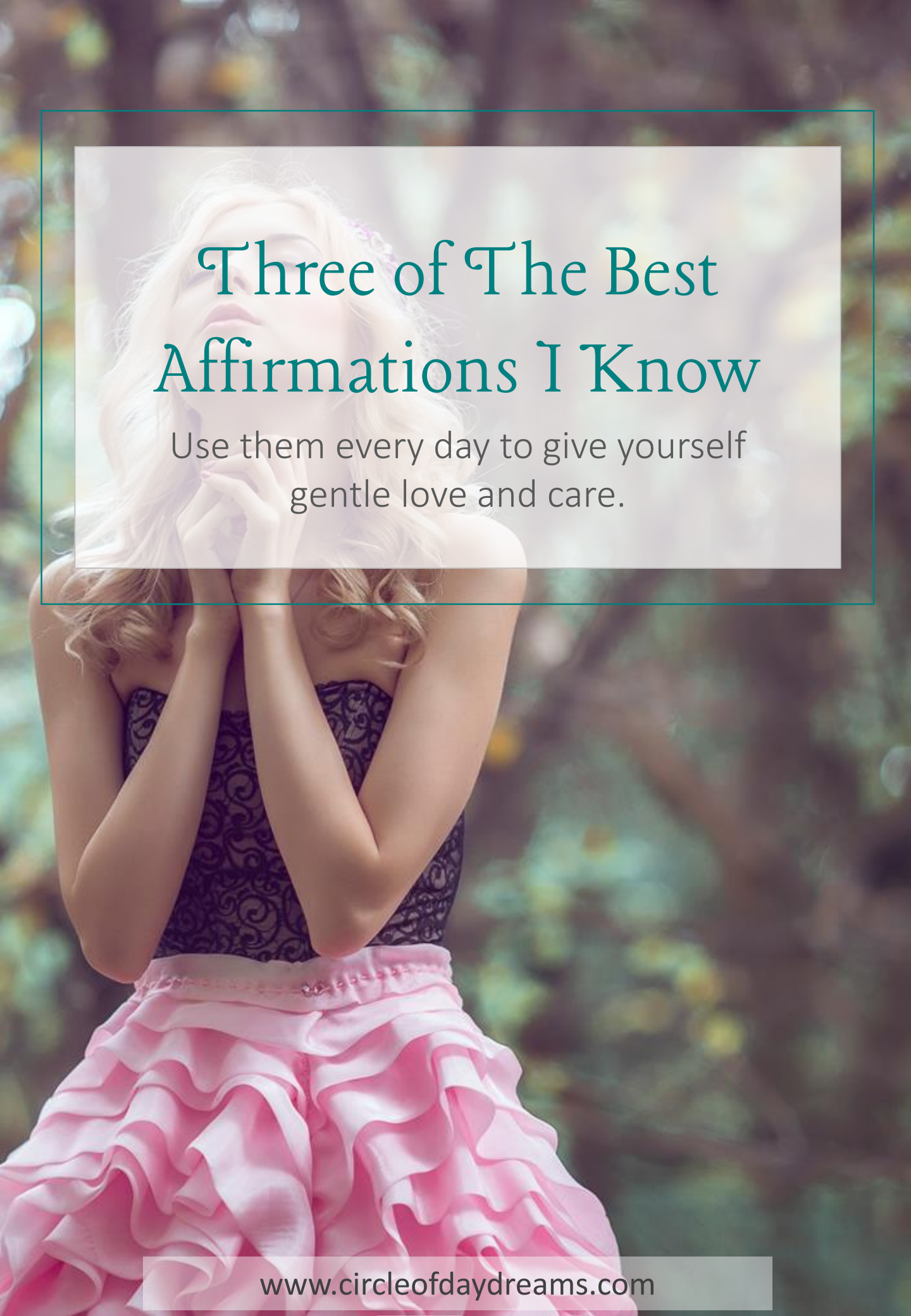

Three of The Best Affirmations I Know

Use them every day to give yourself gentle love and care.

www.circleofdaydreams.com

Three Gentle and Loving Affirmations:

These affirmations are the best 3 self help mantras I've got. I dose myself up on them whenever I'm feeling a bit listless or gloomy....

...when I'm in a selfish spiral wishing I had more...

...or back on the people pleasing 'I should be doing more' roller coaster. (That roller coaster can make you seriously wobbly with its ups and downs - I've been there.)

Because you know what.... I'm okay just the way I am. Yep, I have my flaws and imperfections (HELLO - don't we all), and I sometimes flounder and fall. But, that makes me human. And, human is good! Imperfection is normal...preferable.

After all, if you reach perfection, you have nowhere better to go!

Progress is forever iced.

Continued on next page...

As a child, I wish I'd been able to care for myself with these affirmations. I always tried my best, and yet sometimes still felt as if I was coming up short of what I 'should' be.

As a young adult, I often felt I wasn't doing enough, or good enough.

Early in my 20s I focused way too much on having enough. I thought if I had the right 'stuff', I'd somehow be more 'cool' or more 'acceptable', even 'wanted' (clothes in particular).

It's taken me time, experience, and lots of learning and soul searching to reach the conclusions in this triple dose affirmation.

My people pleasing tendencies have been tamed, and my love of 'less instead of more' is now well documented!

Clear space and room in my cupboards are luxuries I treasure.

But, if I'd known to say these 3 mantras earlier, perhaps I would have known better earlier?

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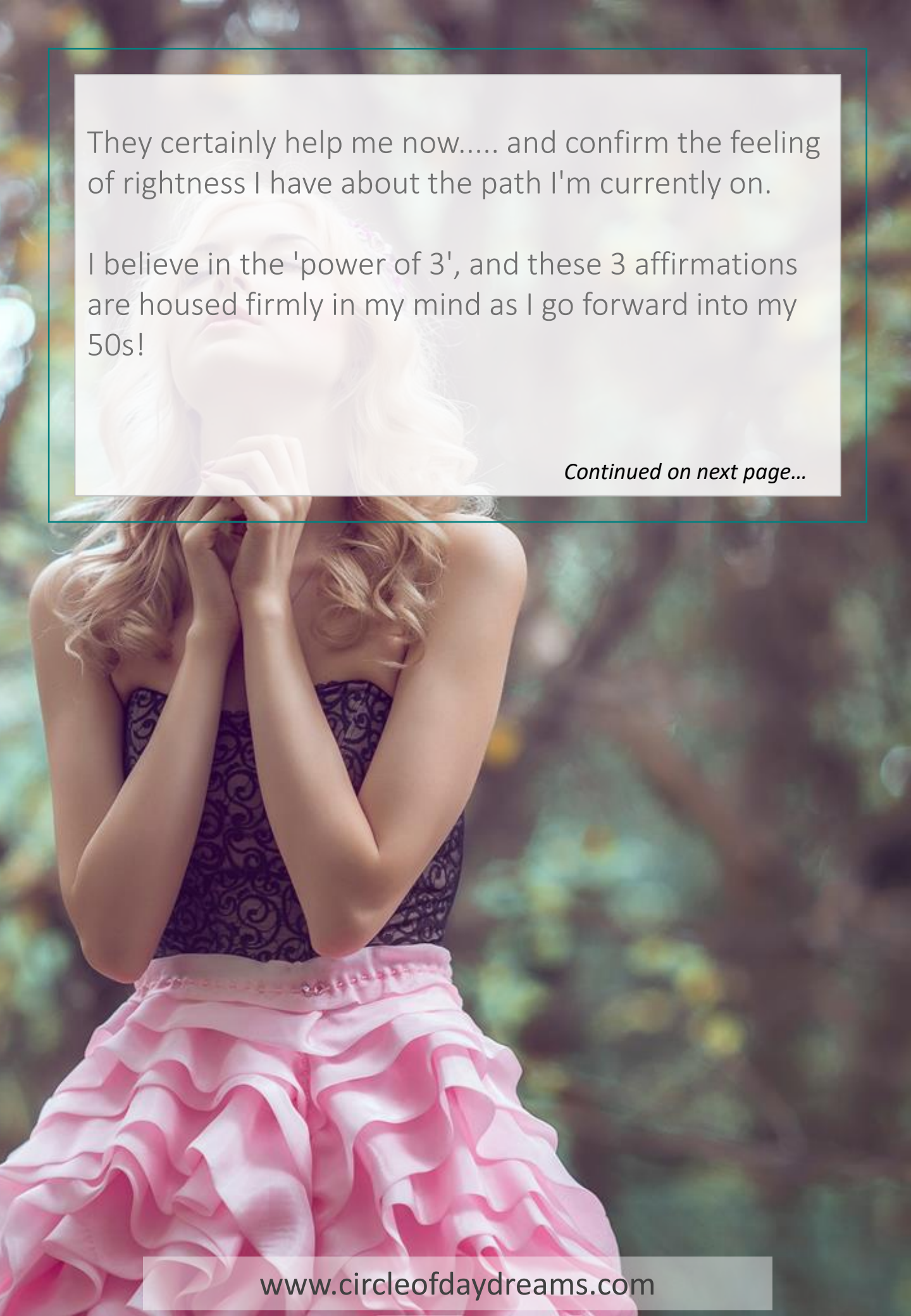

They certainly help me now..... and confirm the feeling of rightness I have about the path I'm currently on.

I believe in the 'power of 3', and these 3 affirmations are housed firmly in my mind as I go forward into my 50s!

Continued on next page...

Affirmation 1: I AM ENOUGH

I'm a 51 year old teacher who loves to create, read, draw, paint, write, sing, dance, and chat with friends. I'm an introvert, an INFJ on the Myers Briggs, and can seem somewhat weird or aloof to those who don't know me well.

I frown when I'm thinking, and I think a lot, so people sometimes (no, often) ask if I'm okay. I hum when I'm walking around because music is always in my head. I laugh very loudly at silly things, but also tear up at the drop of a hat. I love a good challenge, and puzzles keep me occupied for aeons.

I can cook pretty well, but I don't like it, and therefore don't do it much.

My oven hasn't worked properly for nearly 8 years....

...but I've survived, *and I am enough!*

I'm endlessly curious, love to learn new things, and am deeply inquisitive. Sometimes other people aren't up for the in-depth discussions I'm up for, or the debates I enjoy having.

I've made lots of mistakes throughout my life, and learned many things by experience. I'm still learning and changing as I grow.... for the better!

I'm stubborn, and not easily swayed, but I do listen carefully and reflect deeply on most thoughts and ideas that come my way. I'm a perfectionist in recovery, and I sometimes have relapses before I breathe and let things go.

I eat food in my car and leave crumbs all over the place, and I squeeze the toothpaste tube from a different spot every time.

But, I am enough.

I've been married more than once, and I used to feel deep shame about this... as if I'd failed everyone I know (especially myself) miserably.

But, I've come to terms with what happened, and how it all came about, and I'm okay with it now.

*And, I am **STILL** enough.*

Continued on next page...

Affirmation 2: I DO ENOUGH

I work full time, and I put in extra hours on the weekend to make sure I'm prepared and up to date with my job. I spend time correcting work at home and reading text books to keep up with the latest research.

I also take time out to do stuff I love, just for the sake of it. Sometimes when my friends ask me to go out, I just want some quiet time to myself so I say no. And, sometimes I only get to visit my elderly mum once or twice a week.

I make sure I spend time wallowing in the making of things for the 'Circle of Daydreamers' because I love it.

And, this means I sometimes don't do all I'd like to around the house. I often wish I had more time, more hours, and more energy....

...but, I do enough.

Continued on next page...

I'm there for my friends when they need me, but if I feel like I'm being taken advantage of, or stretched beyond my means, I'm able to set boundaries and say no. This lack of guilt about respecting myself took a long time to cultivate! I know that if I give the best care **to** myself, then I'll get the best **from** myself, and be able to give my best to others...

That's a win/win for everyone.

I don't always get everything done to the standard I'd like, but I do get most things done. There's always a never-ending to do list, and I know beating myself up for those things I can't get done is pointless. It just doesn't help (and they'll always be there).

And... I do enough.

Continued on next page...

Affirmation 3: I HAVE ENOUGH

I live in a very small but lovely unit with my partner and my cat Jessie. I have employment, plenty of food, a good car, clothes to wear every day, books to read, and technology to play with. I may not have a swimming pool, a grand entrance hall, a walk-in-wardrobe, or very many pairs of shoes....

...but, I have enough.

I still dream of having a new house, built just the way I like it, with a studio, a study area, and a bigger bathroom (ours is teeny). Two bedrooms would still be fine!

I'd also love to travel and see the world as I've never even been out of my country and all my friends seem to have been everywhere.

Hopefully, those days will come.

But, none-the-less..... I have enough.

More than enough.

Continued on next page...

The older I get, the more inner peace and outer peace I seem to find. Yes, I still have many big dreams, but I also have gratitude for right now.

After all, there must be millions upon millions of people the world over for whom my life, and the things I have, seem like an unbelievable fairy-tale.

My name is Linda, and I am enough, I do enough, and I have enough.

**The rest of this booklet is devoted to images you can use to provide inspiration. You can use them together, singly, and for your static or portable inspiration/vision boards!*

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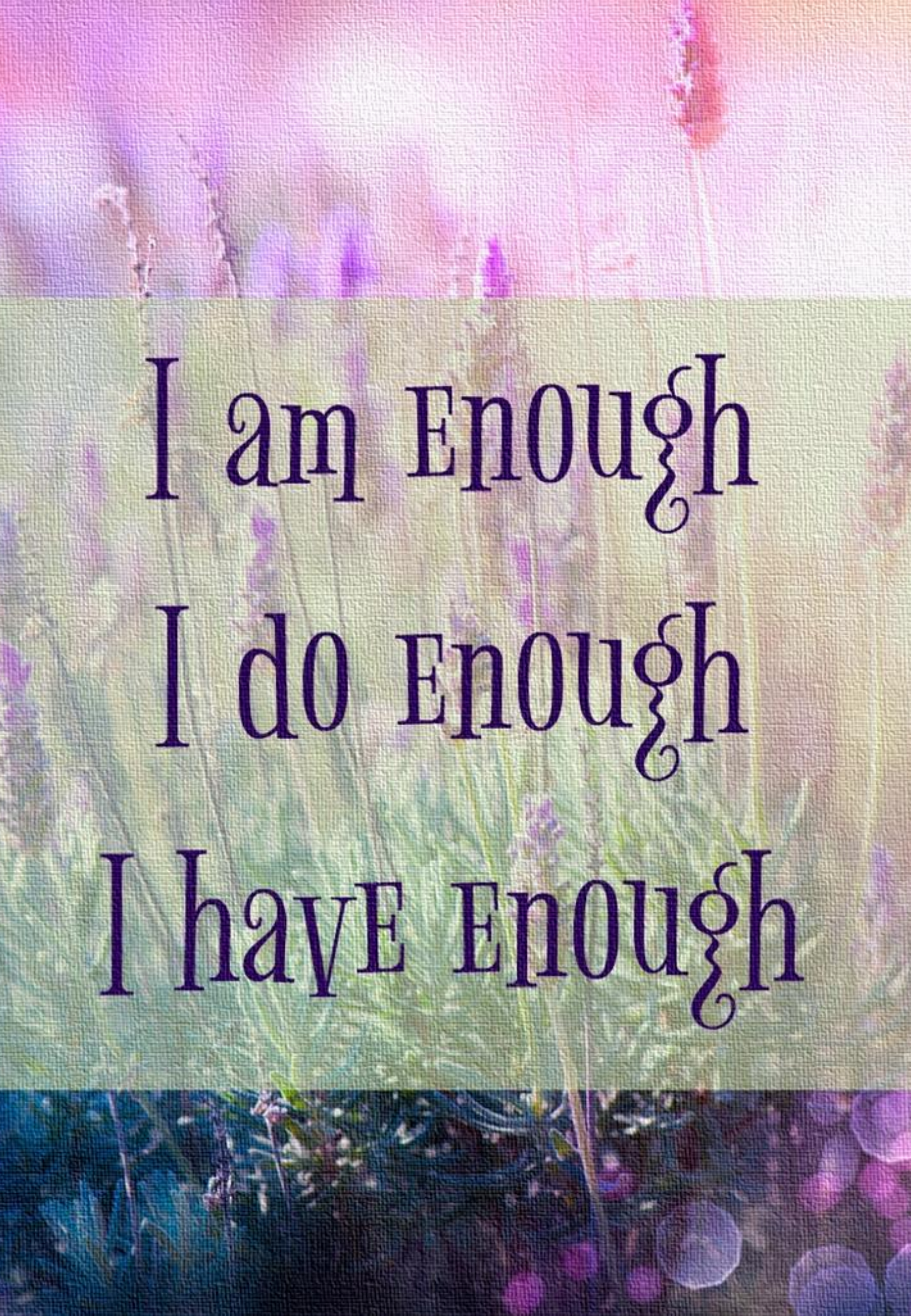
I am enough.
I do enough.
I have enough.


I am Enough
I do Enough
I have Enough

I AM
enough

I DO
enough

I HAVE
enough

I AM ENOUGH
I DO ENOUGH
I HAVE ENOUGH

I am enough.
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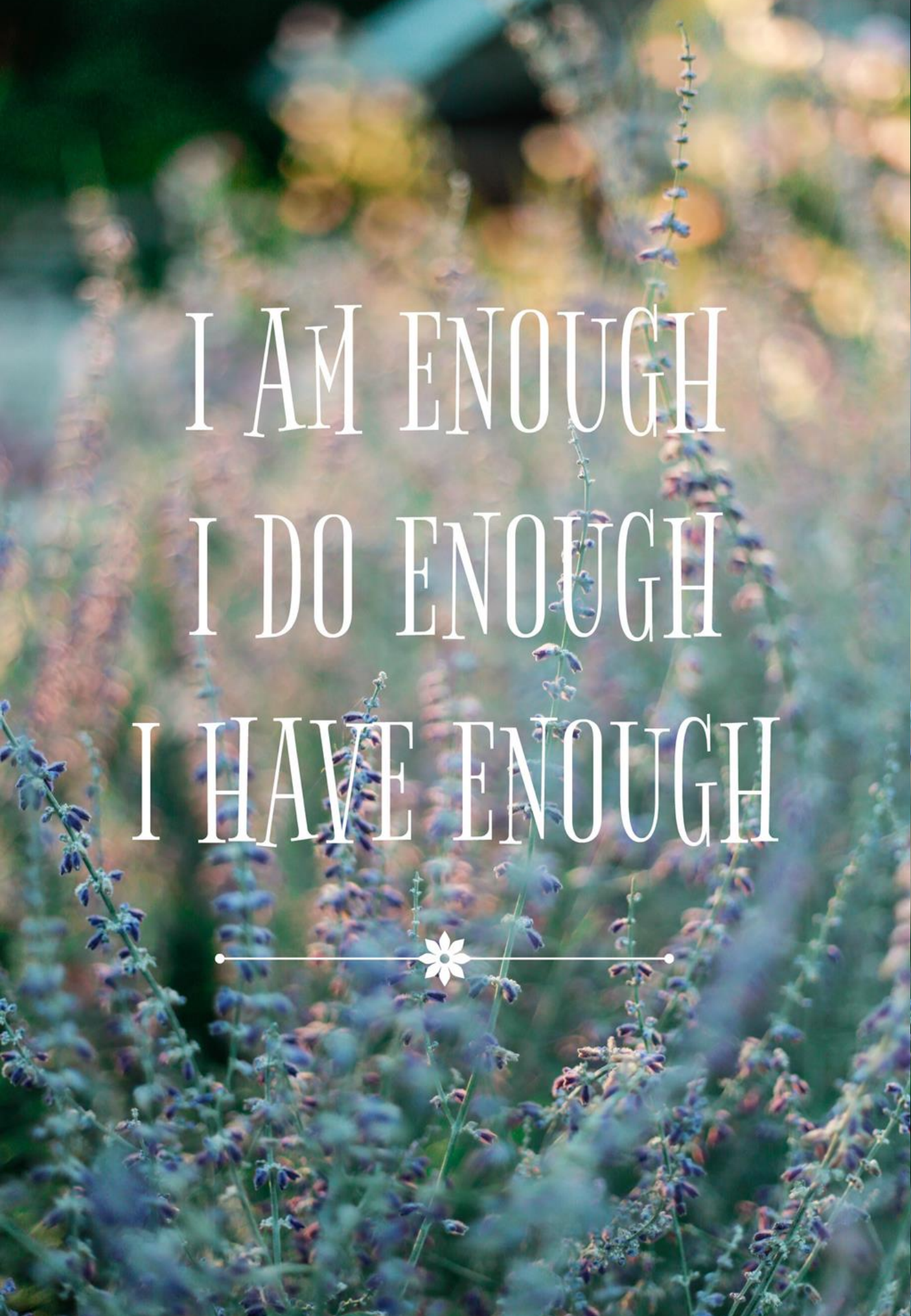
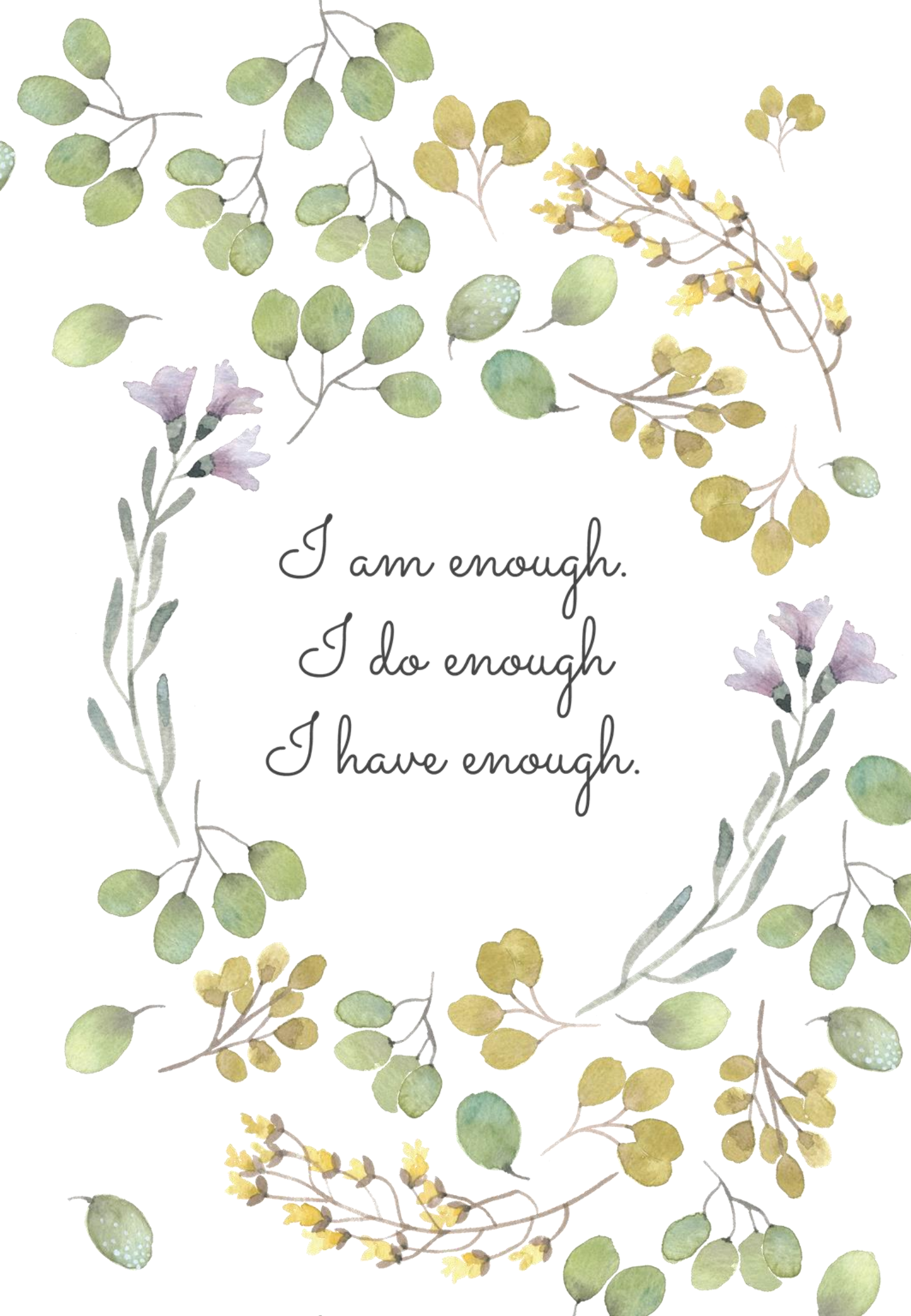

I AM ENOUGH
I DO ENOUGH
I HAVE ENOUGH

I am enough.
I do enough.
I have enough.

I am enough...

I do
enough...

I have enough...


I am enough.
I do enough
I have enough.

Thank you for reading and viewing!

I hope you can use these affirmations of 'enoughness' in your journals, on your inspiration walls, and on your vision boards.

Print them out.

Pin them up.

Repeat them daily.

Linda. xox

PS. If you liked this booklet, feel free to share it with your friends!

*If you're one of those friends, and you're reading this, be sure to visit www.circleofdaydreams.com for more resources and printables like this one.

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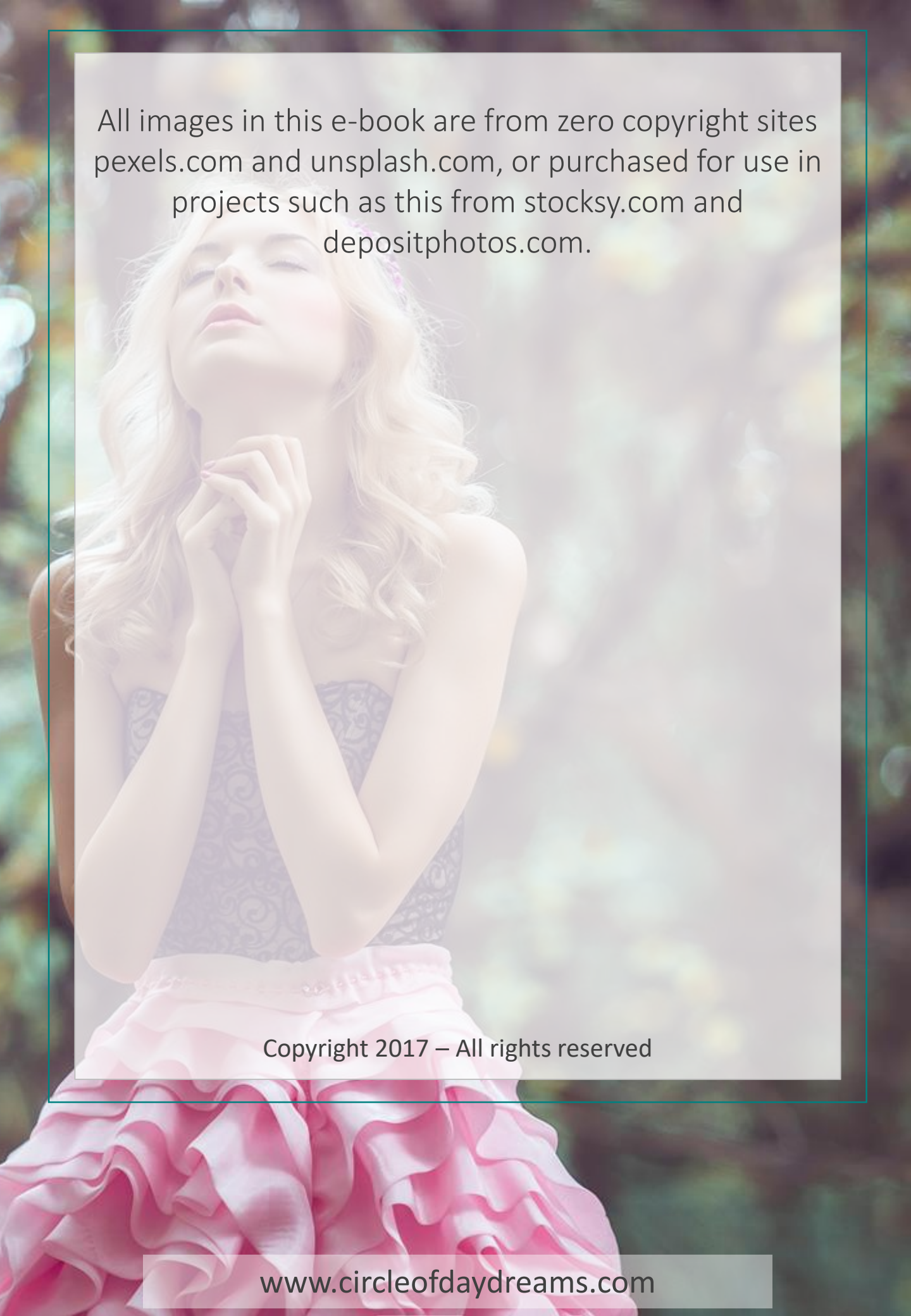

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