



# Stop and Smell the Roses



My Outfit Inspirations Affirmations

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1. Every day of my life is filled with moments of beauty
2. I communicate with people I value on a deep and rewarding level
3. I respect my body and provide it with a nurturing environment
4. I am committed to focussing on what is important in my life



\* Download your free 'Affirmation Cards' from [www.outfitinspirations.com](http://www.outfitinspirations.com) and create your own inspirational affirmations.

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