

<p><i><b>JANUARY 1st</b></i></p> <p><i>I embrace all that the New Year has to offer</i></p>	<p><i><b>JANUARY 2nd</b></i></p> <p><i>I lovingly listen to my inner guidance</i></p>	<p><i><b>JANUARY 3rd</b></i></p> <p><i>I am grateful for all the beauty and goodness in my life</i></p>	<p><i><b>JANUARY 4th</b></i></p> <p><i>I make conscious positive changes in my life</i></p>
<p><i><b>JANUARY 5th</b></i></p> <p><i>I spend time with people who lovingly support me</i></p>	<p><i><b>JANUARY 6th</b></i></p> <p><i>I love my body and I move freely</i></p>	<p><i><b>JANUARY 7th</b></i></p> <p><i>I use the aroma of essential oils to boost my mental and emotional wellbeing</i></p>	<p><i><b>JANUARY 8th</b></i></p> <p><i>I use all the colours of the rainbow to boost my vibration</i></p>
<p><i><b>JANUARY 9th</b></i></p> <p><i>I continue to adopt an attitude of gratitude</i></p>	<p><i><b>JANUARY 10th</b></i></p> <p><i>I use the power of water to cleanse my energy</i></p>	<p><i><b>JANUARY 11th</b></i></p> <p><i>I practice acts of random kindness</i></p>	<p><i><b>JANUARY 12th</b></i></p> <p><i>I smile and laugh to raise my vibration and of those around me</i></p>
<p><i><b>JANUARY 13th</b></i></p> <p><i>I dedicate my day to positivity and joy</i></p>	<p><i><b>JANUARY 14th</b></i></p> <p><i>I accept myself as I am right now All is well</i></p>	<p><i><b>JANUARY 15th</b></i></p> <p><i>I allow the positive vibration of music to fill my Soul</i></p>	<p><i><b>JANUARY 16th</b></i></p> <p><i>I am enough I am love I am light I am joy</i></p>
<p><i><b>JANUARY 17th</b></i></p> <p><i>I honour my emotions I trust my inner guidance</i></p>	<p><i><b>JANUARY 18th</b></i></p> <p><i>I attract loving positive people and experiences into my life</i></p>	<p><i><b>JANUARY 19th</b></i></p> <p><i>I trust in Divine timing</i></p>	<p><i><b>JANUARY 20th</b></i></p> <p><i>I actively produce harmony and union in my life</i></p>
<p><i><b>JANUARY 21st</b></i></p> <p><i>I forgive myself and others for any cause of hurt</i></p>	<p><i><b>JANUARY 22th</b></i></p> <p><i>I eat high vibration foods and drink I honour and respect my body</i></p>	<p><i><b>JANUARY 23th</b></i></p> <p><i>I respect all of nature and its animals I see my pets as loving Souls here to guide me</i></p>	<p><i><b>JANUARY 24th</b></i></p> <p><i>I respect the environment I live in I do my bit to recycle</i></p>
<p><i><b>JANUARY 25th</b></i></p> <p><i>I consciously see The Divine in everyone I meet</i></p>	<p><i><b>JANUARY 26th</b></i></p> <p><i>I open my heart to love</i></p>	<p><i><b>JANUARY 27th</b></i></p> <p><i>I leave love and joy wherever I go</i></p>	<p><i><b>JANUARY 28th</b></i></p> <p><i>I listen I really hear the needs of others and myself</i></p>
<p><i><b>JANUARY 29th</b></i></p> <p><i>I am dedicated to my spiritual development and awareness</i></p>	<p><i><b>JANUARY 30th</b></i></p> <p><i>I play I create I enjoy</i></p>	<p><i><b>JANUARY 31st</b></i></p> <p><i>I am grounded fully in my body I am safe</i></p>	<p><i><b>ANGELHUGS XXX</b></i></p>



### **AFFIRMATION & DAILY PRAYER**

*Every day is a chance to blossom and bloom into the beautiful being I AM  
I continue to see the beauty and love within myself  
And no matter what difficulties I go through  
I will continue to love and respect myself  
I am perfect as I am right now,  
I am willing to release my fears and struggles  
I know in this moment I am deeply loved and cherished  
Everything about me is enough  
I surround myself in warm loving thoughts and attitudes  
I am kind to myself in times of trouble  
I connect to The Divine Wisdom within me  
I call upon my Angels, guides and The Divine to lovingly guide me  
I am safe and at peace with myself  
I will continue to do my best, and I will honour my feelings  
I am grateful to my body and the wellness I create  
I love myself and let go of all judgements.  
I TRUST THE PROCESS OF MY LIFE*

*AngelHugs Trish January 2017*

