

Ea & Flow

WELLNESS

SURRENDER / RELEASE

I release fear.
I release worry.
I release anger.
I release guilt.
I release shame.
I release self doubt.
I release resentment.
I release un-forgiveness.
I release pride.
I release ego.
I release negative thoughts.
I release a lack mindset.
I release the need to be in control.

DECLARE / AFFIRM

I am loved.
I am forgiven.
I walk by faith and not by sight.
I am the light of the world.
I light up every room that I enter.
I have a spirit of love, power, and self-discipline.
I am fearfully and wonderfully made.
Peace dwells within me.
Favor follows me.
I am guided by wisdom and discernment.
I am filled with joy.
I am filled with gratitude.
I have a future filled with hope.

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