

ACCEPTANCE

...

**It is what it is**



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SURRENDER



# Trust the process of life



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THOUGHT STOP

...

# Cancel Cancel



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RIGHT NOW



# Smile



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AUTOSUGGESTION

...

**Every day  
in every way  
I am getting  
better and better**



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GRATITUDE

Thank you  
for 5 things



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HO'OPONOPONO

...

I'm sorry  
Please forgive me  
Thank you  
I love you



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RESPONSIBILITY

I am responsible  
for my feelings



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