

# Good Vibes And Self Care Prompts For All Of Life Ups And Downs

This book is filled with positive affirmations, self-care prompts, and journaling exercises to help you through all of life's ups and downs.

When you're feeling down, open this book to a random page and read a few affirmations. Let the positive words wash over you and help you to feel better.



## You Are Positively Awesome: Good Vibes and Self-Care Prompts for All of Life's Ups and Downs by Stacie Swift

★★★★☆ 4.8 out of 5

Language : English

File size : 6942 KB

Screen Reader: Supported

Print length : 144 pages

Lending : Enabled



When you're feeling stressed, take some time to do one of the self-care prompts. These activities will help you to relax and de-stress.

And when you're feeling lost, turn to the journaling exercises. These prompts will help you to reflect on your life and find your way forward.

This book is the perfect companion for anyone who wants to live a more positive and fulfilling life. With its positive affirmations, self-care prompts,

and journaling exercises, this book will help you to get through all of life's ups and downs.

**Here is a sneak peek at some of the affirmations, self-care prompts, and journaling exercises included in the book:**

### **Affirmations**

\* I am worthy of love and happiness. \* I am strong and capable. \* I can handle anything that comes my way.

### **Self-care prompts**

\* Take a relaxing bath. \* Read a good book. \* Spend time in nature. \* Meditate or do yoga. \* Get a massage.

### **Journaling exercises**

\* What are my strengths? \* What are my goals? \* What am I grateful for? \* What are my challenges? \* How can I overcome my challenges?

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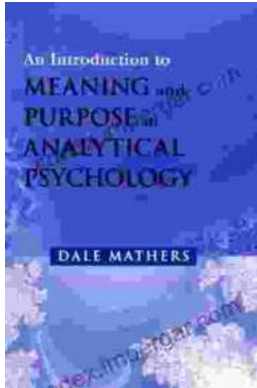
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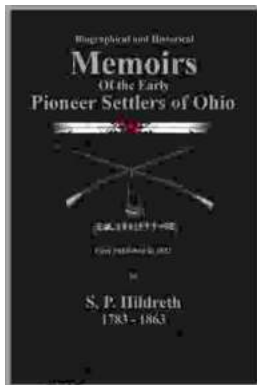
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