



**PA HERU  
NUBIA-RAO**  
-ATHLETICS-

# **WORDS TO AFFIRM GREATNESS!**

Get a Positive Start to Your Day!

**SIGN UP FOR OUR 7-DAY WELLNESS  
COMMITMENT**

Complete the 7-Day Wellness  
Commitment Form at  
[www.paherunubiarathletics.com](http://www.paherunubiarathletics.com)

# 10 AFFIRMATIONS TO START YOUR DAY

- I am STRONG.
- I am POWERFUL.
- I am a CHAMPION.
- I am MINDFUL.
- I am CHEERFUL.
- I am KIND.
- I am GRATEFUL.
- I am HAPPY.
- I am HEALTHY.
- I am JOYFUL.
- I RESPECT NATURE.



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