

LOVE IN A LUNCH BOX

GOLDENRULEISTIC DAILY AFFIRMATIONS TO ENJOY AND SHARE

Positive affirmations are powerful tools that can have a significant impact on our mental, emotional and physical well-being.

They help us cultivate a positive mindset, boost our self-esteem and overcome negative thoughts and self-doubt.

They remind us daily to focus on the present moment, appreciate our strengths and believe in our abilities. They also allow us to pass on positivity and encouragement to others, which can have an impact on their lives.

By sharing positive affirmations, we can inspire others to develop self-love, self-confidence and gratitude.

Positive affirmations bring much needed light and hope in a world where negativity can be overwhelming.

Let's continue to encourage and support each other with the power of positive affirmations!

HOW TO USE THIS GOLDENRULEISM GIFT:

Spread the GoldenRuleism ethic by putting these affirmations in our children's lunch box and encouraging them to share them with their friends. Don't forget to put one of these in your lunch box too!

PS: If possible, please print from recyclable or reusable material.

@GoldenRuleismCan



