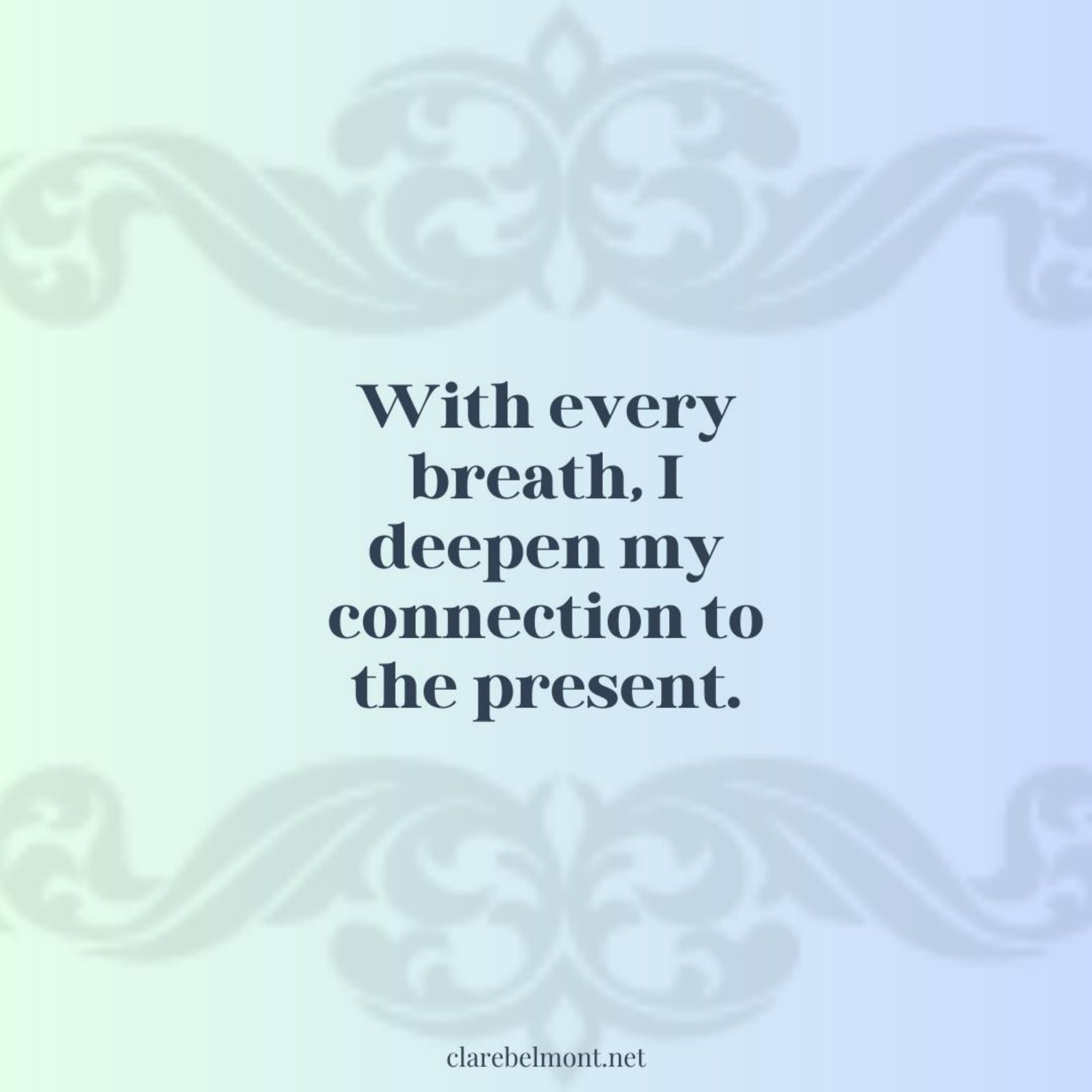


A decorative border with intricate floral and scrollwork patterns, rendered in a light blue color, framing the central text.


Self-presence & Awareness

A F F I R M A T I O N S


clarebelmont.net

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded color, framing the central text.


**With every
breath, I
deepen my
connection to
the present.**




**My self-
awareness
guides me
towards
growth and
understanding.**

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded color, framing the central text.


**In every
situation, I
remain
connected to
my true
essence.**



**My self-
awareness
guides me
towards
growth and
understanding.**




**I am attuned to
my feelings,
thoughts, and
actions.**

The background features a light blue-to-green gradient with faint, symmetrical scrollwork patterns at the top and bottom. The text is centered in a bold, black, serif font.


**The universe
and I are
intertwined,
and I am fully
aware of our
connection.**



**I trust the
wisdom that
arises from my
self-awareness.**

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded blue color, framing the central text.

**By being
present,
I unveil the
truth of who
I am.**

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded color, framing the central text.

**My inner voice
speaks, and I
listen with
clarity and
focus.**




**I honor and
acknowledge
all parts of
myself.**

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded color, framing the central text.

**Every
experience
adds a layer to
my self-
understanding.**

A decorative border with intricate scrollwork and floral patterns runs horizontally across the top and bottom of the page. The background is a light blue gradient.


**I am open to the
lessons my
inner self
offers.**

A decorative border with symmetrical, ornate scrollwork patterns in a light blue-grey color, framing the central text.

**By grounding
myself in the
present, I see
things more
clearly.**

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded color, framing the central text.


**My awareness
is a tool for
transformation
and growth.**

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded color, framing the central text.

**The more
present I am,
the more in
sync I feel with
life.**

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded color, framing the central text.

**I embrace the
journey of
getting to know
myself on
deeper levels.**

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded color, framing the central text.


**I am worthy of
the time and
space to
connect with
myself.**

A decorative border with intricate scrollwork and floral patterns runs horizontally across the top and bottom of the page. The background is a soft gradient from light green on the left to light blue on the right.

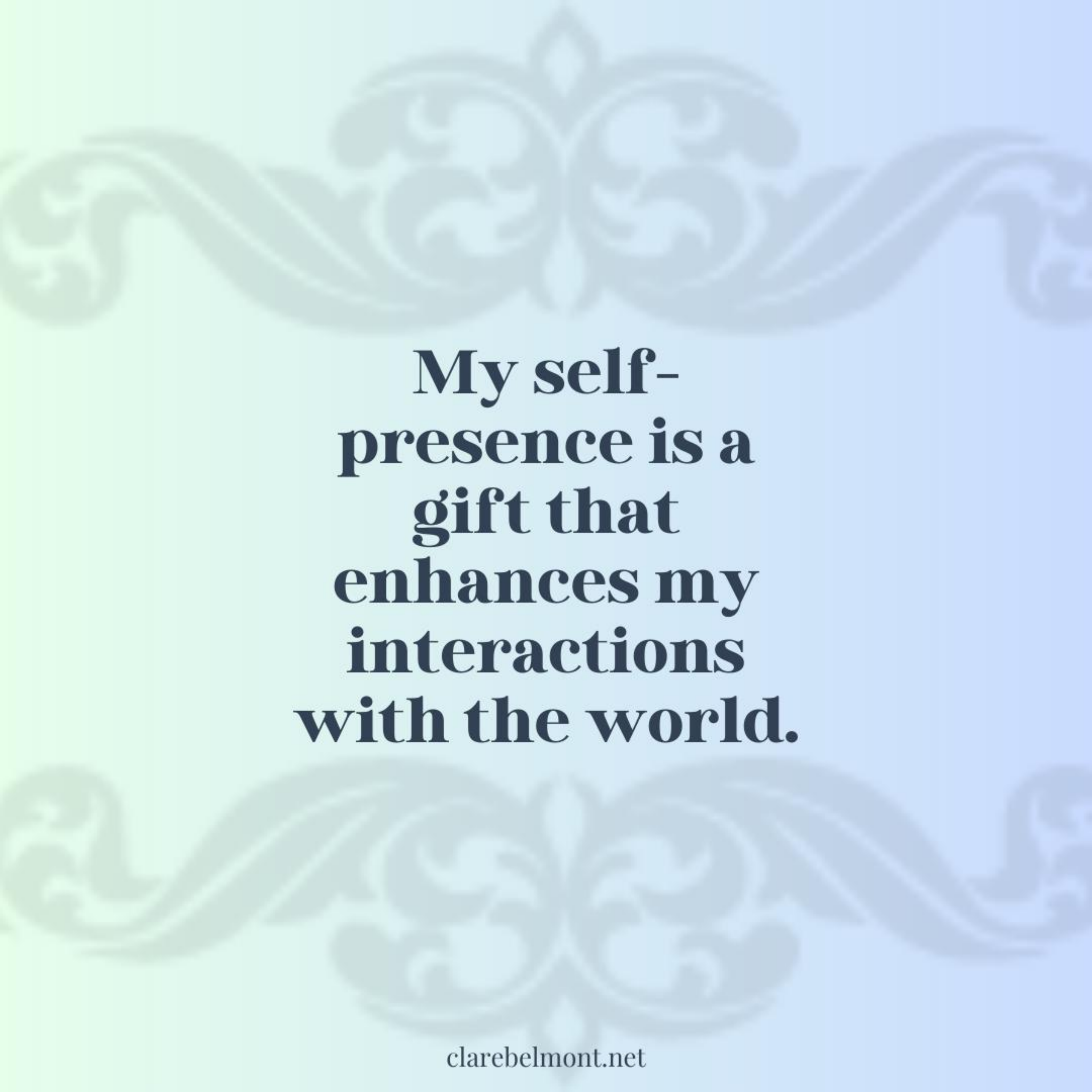
**In moments of
silence, my
self-awareness
flourishes.**

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded blue color, framing the central text.


**Every moment
of presence
brings me
closer to my
authentic self.**

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded color, framing the central text.

**Through self-
awareness, I
navigate life
with grace and
purpose.**

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded color, framing the central text.

**My self-
presence is a
gift that
enhances my
interactions
with the world.**

A decorative border with intricate scrollwork and floral patterns, rendered in a light, faded color, framing the central text.

**I value and
cherish the
insights that
come from
being present
with myself.**



**My heart and
mind are open,
and I am fully
here, now.**